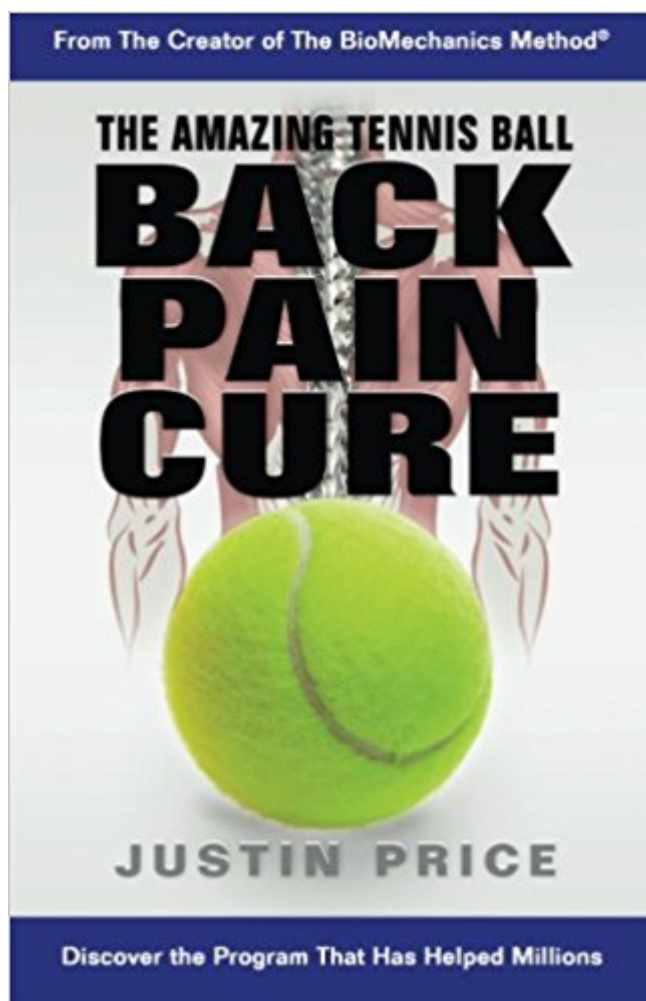


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The Amazing Tennis Ball Back Pain Cure



Synopsis

This easy-to-follow book from Justin Price, creator of The BioMechanics Method™ and one of the world's top back pain experts, is the ultimate guide to helping you overcome back pain. Unlike other books on back pain relief that require you to do dynamic stretching or strengthening exercises that can make the problem worse, The Amazing Tennis Ball Back Pain Cure provides you with simple techniques and soothing exercises that address the underlying cause of your pain so you can move without the constant discomfort that has become an unwanted part of your life. If you want to get rid of your back pain naturally and for good, you must address the two most prevalent causes of musculoskeletal pain (overworked muscles and irritated joints). Justin has spent more than 20 years helping people put an end to chronic pain with his easy, insightful, and intuitive tennis ball program and he has taught his remarkable techniques to other health professionals around the world who use them to successfully eliminate their patients' muscle, joint, and back pain. Now his methods are available to you in this truly amazing book. The way The Amazing Tennis Ball Back Pain Cure works is simple. You use a tennis ball as a tool for self-massage in strategic areas around the body. Knowing exactly where to place the ball and how to perform the easy techniques in this book can bring about incredible relief from: Lower back pain Upper back pain Sciatica Disc issues Muscle tension and joint pain Pain in the feet, ankles, knees, hips, shoulders, neck, and head It really is possible to cure your back pain with a tennis ball. So stop living with pain and get back to enjoying the things in life you love. Buy The Amazing Tennis Ball Back Pain Cure today.

Book Information

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Customer Reviews

The Amazing Tennis Ball Back Pain Cure was developed by one of the world's most sought-after pain relief experts, Justin Price. A biomechanics specialist and foremost authority in corrective exercise, Justin has been featured in numerous print and television outlets including Time Magazine, Newsweek, The New York Times, The Wall Street Journal, The LA Times, Men's Health, Arthritis Today, and on WebMD and Discovery Health. His remarkable techniques are used in over 30 countries by health and fitness professionals who have been trained in the pain-relief program he created, The BioMechanics Method® and by millions of people around the world to successfully eliminate muscle, joint, and back pain.

Best book ever, I read the actual book in like an hour or two and the pictures are super simple to follow. The best thing is definitely the instant relief from serious back pain though. Of course i tried pain pills and anti-inflammatory medications, but this book definitely worked way better than anything else I've tried.

Awesome! it is just like foam rolling except the tennis ball is better for those tight muscles. I use it on low back, glutes, hamstrings, and quads. It definitely relieves my pain, but you got to stay consistent with it.

Excellent reference for self massage. I have been looking for something that can be done at home to loosen tight muscles, and this fits the bill. More than just relief for back pain, the book has pictures of where to place the tennis ball for treatment of a number of body aches and pains. Not only do you treat the problem, you also are treating the cause to help prevent recurrence.

This book is such an easy to follow practical way to get rid of skeletal muscular pain. Once you and your clients understand how many things we do or don't do can contribute to back pain, the easy step by step process explained in this book can help people eliminate the problem themselves. It can be great proactive tool to keep pain from coming back We have all been there. This book has helped me get rid of pain in numerous areas in addition to my back

similar to other trigger point therapies, but works in all the right places. thank you

Muy sencillo pero muy efectivo que demuestra como con una herramienta muy sencilla se

pueden tener grandes resultados.

This really has helped both my son and me with lower back pack relief!! Thanks so much.

It works. Really does. I was skeptical, but does the job and I have several herniated disks in my lower back. Finally, something that makes your back feel better and eases the pain!!!

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