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Back RX: A 15-Minute-a-Day Yoga- And Pilates-Based Program To End Low Back Pain



A 15-Minute-a-Day Yoga- & Pilates-Based Program to
End Low Back Pain

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and Hilary Hinz



Synopsis

The Back Rx prescription offers a comprehensive mind/body solution for lower back pain. It empowers you to take your healing into your own hands and become your own physician! In Back Rx, Dr. Vijay Vad brings together the most advanced modern medicine, with the ancient-wisdom practice of yoga and the core strengthening of Pilates . . . to create an exercise regimen clinically proven to eradicate back pain without surgery. Three complete sets of 15-minute exercises are included on this DVD: Back Rx "Beginner" Core: Move freely "and without pain" after an acute low-back injury. Back Rx "Intermediate Core: Raise your fitness level and combat stress with this vigorous toning routine. Back Rx "Core Plus: Engage in a strenuous core-body workout and feel stimulated from head to toe. (Back Rx exercises are demonstrated by Kate Thompson and Jack Dyer.)

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Customer Reviews

I recently suffered my first real back injury. I spent almost a week on my back completely

incapacitated by pain. As soon as I was able to move, I read this book and began doing some of the exercises from it. I found that the exercises had an immediate and very positive effect, first in reducing the pain and now building both strength and flexibility. When I was able to schedule physical therapy, the therapists were happy with my progress and added only a few exercises. My recovery has been very rapid and I'm certain this book played a significant role. I found the introductory commentary quite helpful in introducing the physiology of the back, describing various causes of pain and remedies, and mapping out the future of my spine as I age. The advice on posture when sneezing or coughing post injury ("lean back, look up!") was worth the purchase price on its own. I don't think there is any "one-size-fits-all" answer to back pain. Workouts need to be tailored to the needs of the individual, and will change over time as injuries heal and muscles strengthen. As such the ideal program will incorporate elements from many different sources. Because this book outlines three different workout regimens -- one for during healing, one for during post-trauma recovery, and one for ongoing strengthening -- I had a lot of options to help find a workout which works well for me. I do have a couple of criticisms of the book. The discussion of some of the exercises do not make it entirely clear what muscle group should be affected, which made it a little harder to figure out whether I was doing it right or if I was ready for a more challenging exercise. Also, the book is firmly focused on the lower back (and hips).

Back RX - A 15-Minute-A-Day Yoga and Pilates Based Program to End Low Back Pain is an informative book written from the perspective of a physician and back pain sufferer. Its author, Vijay Vad, MD, is a sports medicine specialist, professor at Cornell University Medical Center, and Back Care Advisor for the PGA Tour. The prescribed program blends traditional physical therapy/rehabilitation with yoga and Pilates poses and has been shown effective for relieving low back pain in clinical trials. This program focuses only on low back pain, so if your pain is in your mid back, upper back, or neck, this is not the program for you. The first part of the book (Chapters 1 - 6) provides background information on the structure of the back, including basic anatomy and an exploration of the major causes of back pain including muscle imbalance, herniated discs, stress, age, and lifestyle issues. The four stages of low back pain care and recovery from stage 1 (the acute phase) through stage 4 (where spinal fusion seems necessary) are explained. The three aspects of a healthy back - flexibility, strength, and endurance are defined. Strategies for keeping your back healthy are explored, including the suggestion for positioning your body during sleep - on your side with your knees bent and a small pillow placed between them - which can provide significant pain relief. There are also explanations and illustrated examples of proper desk/chair

ergonomics and methods for lifting, pushing, and pulling. The actual physical exercise program begins with chapter 7, which provides an introduction to the poses - floor based yoga and Pilates poses modified to eliminate any potential stress to the back- and outlines a 9 week program schedule.

I bought this book about a week ago and have done the exercises every day since. I notice an immediate difference after going through the routine each morning (I generally wake up with enough pain that I am hunched over as I walk from the bedroom to the coffee maker; after the routine I am able to stand up straight as well as walk and sit on a chair with little or no pain). I am also noticing an overall reduction in pain in my lower back at all times -- I can sit on the stool at my breakfast bar for longer than I could before, and just generally my back feels better and I am less hunched over than before. Couple comments related to other reviewers' complaints: (A) "The exercises are too basic." I am generally fit and have done a lot of yoga, so after four days of doing Series A, I decided to "graduate" myself to Series B in advance of the recommended eight weeks. So far, this is working well. Series B is only a little more challenging, but more to the point, it includes stretches and poses that I can tell (because I can feel it) are targeting the precise areas of my back that need it. (B) "Anyone who has been to a therapist already knows everything in this book." Probably true, but I think the book is a great idea for people like me who tend to avoid the hassle of going to a doctor. Sure, I've talked to my PCP about my low back pain, at which point she tells me it's probably muscular and offers to refer me to a specialist -- total hassle, time out of my life, plus god knows how many co-pays and added HMO expenses.

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