



Backache: What Exercises Work

By Dava Sobel, Arthur C. Klein

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A complete guide for backache sufferers shares the latest information on the benefits of exercise for preventing and relieving backaches, with self-evaluation checklists, complete instructions, and advice on pain-relieving lifestyle changes.

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Editorial Review

From Publishers Weekly

It is estimated that 80 million Americans endure periodic bouts with back pain. Sobel and Klein, coauthors of *Backache Relief*, based this book on results of a nationwide survey of back-pain sufferers that looked at relative effectiveness of treatments. Clinical trials have confirmed the usefulness of low-back exercise programs, and among the 500 back sufferers interviewed, it was a therapeutic exercise program that offered the most help. This volume exposes the secret to remaining pain-free: learning--and sticking to--a well-designed exercise program. The authors have created a program that is neither too rigorous nor too difficult, addressing such topics as bed rest, chiropractors and muscle relaxers. They describe three types of exercises necessary to successfully combat back pain: (aerobic, to increase stamina and improve cardiovascular fitness); stretching (for limberness and to help prevent muscle spasms); and strengthening (to firm up muscles needed for good posture). The authors discuss how to assess exercise readiness and assemble a tailor-made program. Their guide is informative and well-written. The most effective medicine available to treat a back problem is exercise, and they present clear guidelines on how to implement therapeutic exercise to best advantage.

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About the Author

Dava Sobel is an award-winning former science reporter for *The New York Times* and author of the national bestseller *Longitude*.

Arthur C. Klein is a survey designer and market research specialist. They are the best-selling authors of *Backache Relief*, *Arthritis: What Works*, and *Arthritis: What Exercises Work*. Both live in East Hampton, New York.

Users Review

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