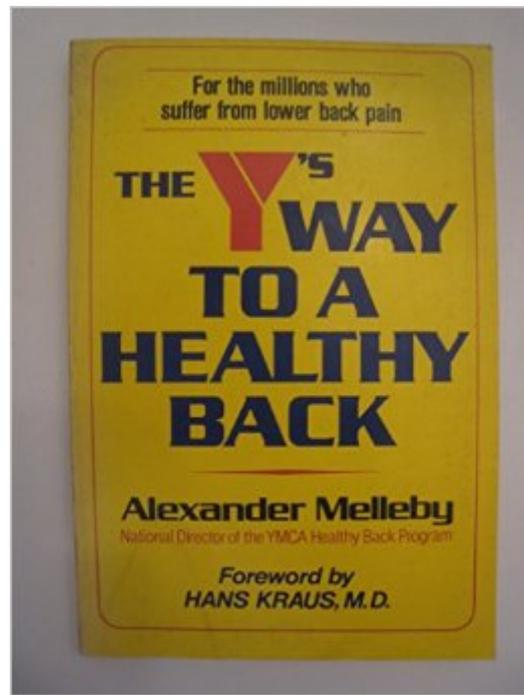


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# The Y's Way To A Healthy Back



## Synopsis

healing lower back pain

## Book Information

Paperback: 192 pages

Publisher: New Win Pub (November 1982)

Language: English

ISBN-10: 0832901474

ISBN-13: 978-0832901478

Product Dimensions: 0.5 x 6.2 x 9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #129,891 in Books (See Top 100 in Books) #27 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #45 in [Books > Medical Books > Medicine > Surgery > Orthopedics](#) #276 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

## Customer Reviews

I bought this book in 1985 when I had very bad back pain from doing heavy landscaping work (lifting, using a sledge hammer, etc.) in my yard. It's by Alexander Melleby from YMCA. It's their exercise program. My job was and is computer programming so I sit a lot at a terminal which doesn't prepare me for strenuous exercise that stresses the back. I sought medical help for my back pain, but after discussing surgery and rejecting it, the doctor offered me the choice of an expensive exercise program, or I could buy a book like this one and do the recommended exercises. Exercise is necessary because the back is almost entirely supported by muscles and good muscle tone is essential for a healthy back. I tried the expensive exercise program for a couple of sessions, and the instructor offered me the same choices as the doctor. Buy the book and do the exercises on my own or continue paying a lot of money for physical therapy. I bought the book and it worked well. The exercises made me limber and back-trouble free. You have to do about 15 to 20 minutes of exercises every day, but it's worth it. When I backslide and skipped the the exercises for a few months, my back problems eventually come back. This book is good but the YMCA has a new book "YMCA Healthy Back Book by YMCA of the USA" which you may want to consider. It's roughly equivalent.

Took a night class in the 1970's...because my back ached from jumping up and down 3-4 hrs/day playing basketball. They gave us this in a little booklet. Have been doing it ever since..Wife gets a tad bit embarrassed when I lay down in the SuperMarket & do the routine that chases the ache away....Works 100% of the time. How long? I dunno...maybe the rest of the day if you aren't doing something stressful on the back..You don't have to do the entire sequence... Just the one where you lay on your back... streeeeetch your toes & legs loooong... back & hug knees to chest... feet down to floor & breeeeath out & "Let it go" as the Y-instructor used to say...relax... Couple of those & pain gone... (for me & I'm 75 yrs now).If you have an achy LOWER back... don't be cheap... just buy this book.

This book, although nearly 50 years old is still an excellent source of sensible exercises to do to improve lower back problems. I have had it for a few weeks only and my back pains have improved enormously already. Definitely buy one if you can find one!

This book has been around a long time and has helped many people. My husband bought a copy many years ago because his doctor recommended it. He had some back problems at the time and this book was a great help to him. I now have developed some back problems myself and since I could not find his old copy I bought a new one for myself.

I am having back spasms. I am using this book to progressively move toward a "healthy back." I think that the way you get there is to take baby steps. This book helps. A cousin told me it really helped her.

This is a great little book. A couple of my family members were complaining about back pain, so I bought this for them. One of my very practical family members said, "There is a lot of breathing in this book." Uh, well, uh, breathing is good for you. And I guess it helps your back too. Both family members using this book said that after only a few days their pain had noticeably improved.

I had used this book successfully over 20 years ago. My problems are different today, but still in the back, and this book is the answer I was looking for and could not get from a doctor. I really don't believe the medical community likes this book as it would cut down on the amount of back surgeries performed!

This book CURED a chronic back problem. I can't say enough about how effective these at home, simple exercises were for me, especially after not getting better with other physical therapies and medical consultations.

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Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Framework for the Lower Back: A 6-Step Plan for a Healthy Lower Back (FrameWork Active for Life) No More Aching Back: Dr. Root's Fifteen-Minute-A-Day Program for a Healthy Back Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" The Y's Way to a Healthy Back Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Back to Basics: A Complete Guide to Traditional Skills (Back to Basics Guides) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain

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