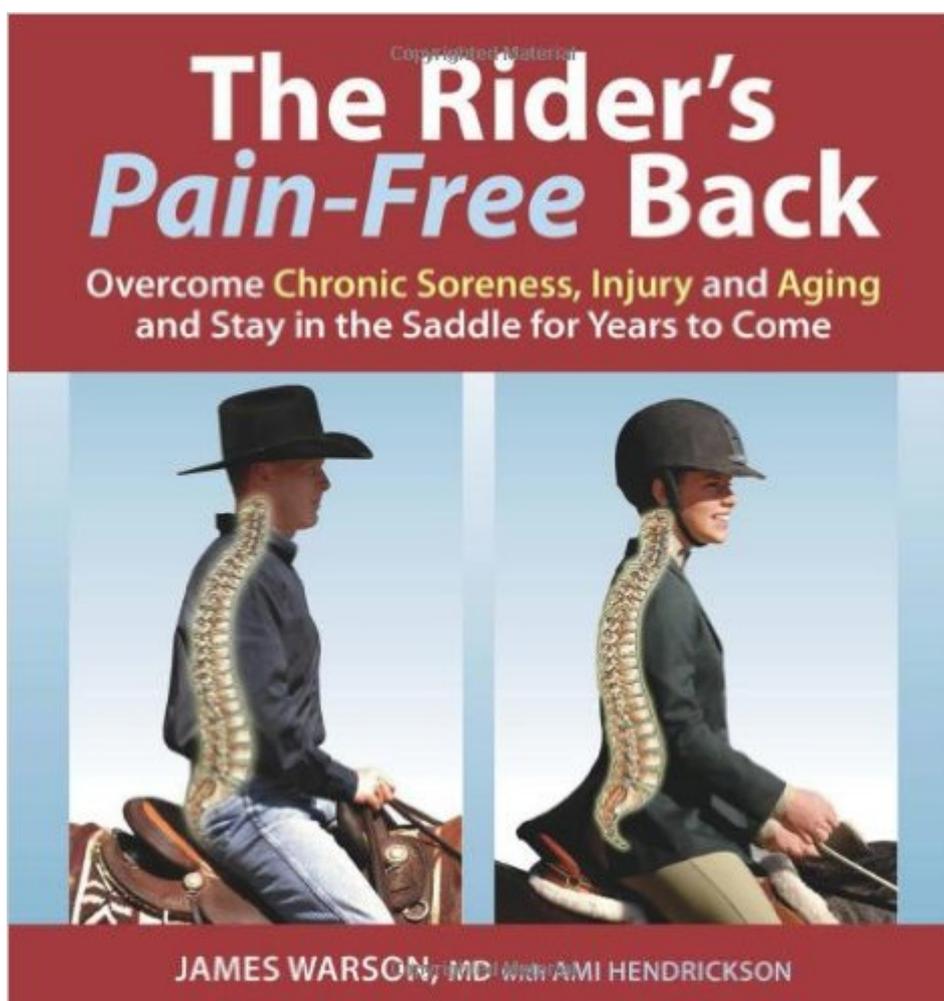


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# The Rider's Pain-Free Back: Overcome Chronic Soreness, Injury, And Aging, And Stay In The Saddle For Years To Come



## Synopsis

Over 90 percent of the US population seeks help for back pain at one point or another during the course of their life. If you're a horseperson, back pain is of particular concern as it not only robs you of the joys of riding—it threatens your livelihood, as well. From grooming and tacking up, to performing a flawless reining pattern or jumping a clean round, to stacking hay bales or pushing a wheelbarrow, everything we do on and around horses demands a supple, strong, healthy back. Now, in his unique, easygoing style, Dr. Jim Warson—a neurosurgeon who also happens to be a lifelong horseman—provides all the practical information you need to understand the diagnosis and treatment of back pain—whether caused by equestrian pursuits, outside activities, illness, or heredity. More importantly, he shows readers how to prevent back problems before they have a chance to unseat you. This book includes:

- "Normal" back biology and function
- Congenital conditions, trauma, arthritis, and infection
- Understanding symptoms and pinpointing problem areas
- Tack's impact on the physics of riding
- How your horse's conformation can affect your body
- Traditional and alternative treatments and therapies
- Techniques for saddling and mounting without stress
- Recommendations for pregnant riders.

In addition, Dr. Warson provides a section specifically geared toward improving rider flexibility and strength. You'll find step-by-step instructions and photo series for 10 stretches and 8 exercises for a healthy, stress-free back, allowing you to not only enjoy your riding but all your day-to-day activities, whatever they may be.

## Book Information

Hardcover: 170 pages

Publisher: Trafalgar Square Books; 1 edition (July 1, 2007)

Language: English

ISBN-10: 1570763712

ISBN-13: 978-1570763717

Product Dimensions: 9.2 x 0.7 x 8.8 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #514,263 in Books (See Top 100 in Books) #78 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #105 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #256 in [Books > Medical Books > Medicine > Surgery > Orthopedics](#)

## Customer Reviews

I bought this book pre-order and it arrived very quickly. The author knows his stuff. I am an x-ray tech by trade, so nearly everything I read was understandable to me. He wrote the book so everyone could understand it- medical terms were explained, and there was an extensive glossary of terms. I got the book because my husband suffers badly from back pain and is an avid rider. I occasionally suffer from back pain- usually from doing too much sitting trot. The author was very complete in his assessment of the rider and even the type of horse they should be riding. Fortunately my husband and his horse are a great match, me and my horse aren't so good, but with some work I think we will be OK. The author also went through a series of stretches and also treatment options from traditional to alternative. I found it a very interesting book with a lot of information for anyone who is interested in riding. I even loaned it to my chiropractor who said he would probably get a copy because he treats riders as well. Happy reading, Kathy

Dr Warson is a neurosurgeon and rider - yippee! Someone, who's first reaction is not to blame all your back problems on riding. This book provides an interesting look at your back's anatomy, function and problems (or potential problems). Stretching and strengthening exercises and practical advice on riding as you age (or with back aches).

I purchased this book sight unseen and really did not expect it to be as substantive as it is. The author is extremely knowledgeable about both riding and rider's back problems. I wish that I had been able to read it years ago. I recommend this book to every rider, not just those with back problems, since it provides a lot of information on the aging rider's back, and none of us can turn back the clock! Prevention is worth a ton of cure.

I bought this book and another, similar, book off . This book is by far the better book! For one, I loved how the author realizes that horse people are going to ride no matter what, so his goal is to try and help them be as comfortable as possible based on individual build, past injuries, riding style, etc. I even gave a copy to my chiropractor because he told me riding horses was bad for my back and I feel this book will best educate him on aspects of horseback riding and back health.

I purchased this right after rupturing a disk in my low back and found it extremely useful. It was great to read something so encouraging vis a vis keeping up my riding, and I found the positive attitude really helped to keep the blues away. The exercises are terrific: practical, achievable, and I can do them at home without taking an hour and a half every morning before I go to work. I also really

appreciated the guidance on exercise reps - so many times you are told to do 3 sets of 10, no matter your current fitness level. I was so wrecked that at first I could only do 1 of each of these. I built up to five reps of everything and felt great the whole time. It has been a year since my injury and I'm pain free, chasing down cows, and can't even imagine starting my day without doing my exercise routine. Thank you, Dr. Warson!

This doc speaks from experience as a rider, physician, clinician and with a clear voice. As an older woman, I have ridden for years, experienced my fair share of being chucked off a horse, ended up in the ER and can identify with the different horse types, tack, riding styles and horse motions that he describes. His years of practice as a neurosurgeon are condensed in this small book using mostly lay language to provide clear direction to those who want to KEEP a healthy body/back as well as for those who want to REHAB a back that is injured. Are the stretching exercises fun or pain-free, no. Is having a bad back that keeps you off your horse any fun? No. Take your pick. This is the best book I have found. I bought the Kindle version and a friend bought the book. I wish I had the hardcopy because for the exercises, it's much easier to see the images.

As a retired R.N, I was personally disappointed in this book but believe it would be very helpful to a non-medical person who just wants to know more about their back and how to possibly prevent or reduce their back pain. This book provides an excellent over all view of the human back and discussed multiple back conditions. The pictures and descriptions were wonderful. The information and terminology is explained in a very user friendly way (Kudos to the doctor :>) I have several back issues myself and found some of the excercises to be contrary to what I have been advised or instructed. However, this can happen with any type of medical condition and only serves to underscore the necessesity to consult with your own doctor or therapist. As so many "seniors" are getting into riding these days, I would love to see some one do a book on Yoga, core excercises, pilates, etc with some of our ailments in mind...such as blown disks, arthritis, osteoporosis, etc.

I'm almost finished reading this book right now and it is full of helpful tips and detailed info about keeping your back safe as a rider. I have had back problems for 20 years and I've done A LOT of reading on back injury and treatments, but this book is full of information and exercises I didn't know! So wonderful to have a horseman who is also an MD writing this book. My only critiques for this book are the author's repeated recommendations to use NSAIDs frequently, even when there is no pain...and his assurance that one can actually "overcome aging" as is stated in the subtitle of the

book. Come on, no one can do that.

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