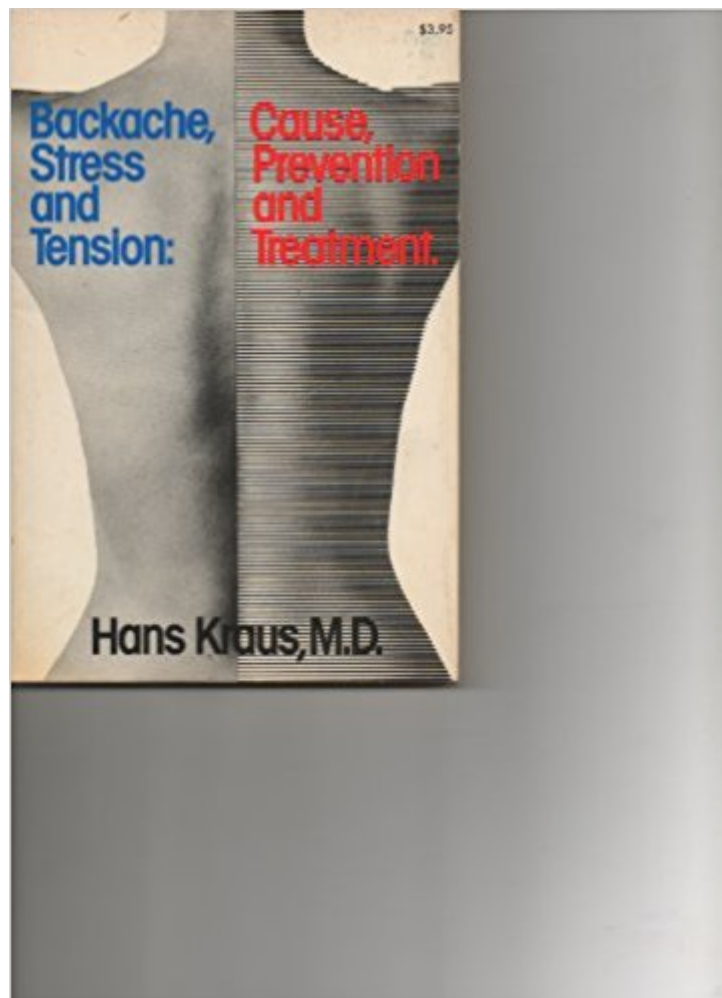




The book was found

# Backache, Stress And Tension: Their Cause, Prevention And Treatment (Fireside Books (Holiday House))



## Synopsis

"Internationally known back specialist tells why you get backaches and what you can do about them, including: -Six simple tests to pinpoint the sources of your backache - Which sports are best for you, which sports to avoid - How certain clothes and shoes can affect your back - Why isometric exercises can be bad for your back - When and why women are most apt to have back problems - How to help your child develop a strong back."

## Book Information

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## Customer Reviews

"Internationally known back specialist tells why you get backaches and what you can do about them, including: -Six simple tests to pinpoint the sources of your backache - Which sports are best for you, which sports to avoid - How certain clothes and shoes can affect your back - Why isometric exercises can be bad for your back - When and why women are most apt to have back problems - How to help your child develop a strong back."

I had read and used this book about thirty years ago when I was experiencing severe back pain. I felt that the exercises provided relief from that pain. Over the years, however, I had become lax about doing the exercises. I am now having some back pain, so I am returning to the Dr. Kraus method for help. I particularly like the pretest he presents so I can target the specific problem that is causing the pain. I have been doing the prescribed exercises for about two weeks, and I can tell that my back is stronger, and the pain has lessened. My husband read the book one morning and decided to try the test. His idea was to show me that it was silly. Well, he couldn't do one of the test items. He started the prescribed exercises. Lo and behold, his back felt better! He is now singing the

praises of the Kraus method!! I particularly like the fact that there are not a lot of strenuous exercises with 30 repetitions. The exercises are easy and only three reps at a time. It seems too easy to work, but it does.

I initially bought this book back in the 70's because I was experiencing moderate to severe back pain. I had been aware of Dr. Kraus's work through a gross motor therapist colleague. I liked the targeted exercises, and I particularly liked the positive results. Over the course of time, I became lazy and complacent and stopped doing the exercises. When my back started really giving me pain again, I started looking for my old book. I have bought two of them. My husband shared the first copy I bought with a friend with back pain. We are both sold on the exercise regimen and its results. The book is clearly written, gives test exercises to determine what remediation a particular person needs, and targets the exercises to the specific need. It takes about ten minutes a day to insure no back pain. I'll keep a copy of this book from now on.

As someone who has done the back exercises in this book, I can personally vouch for how easy and effective they are. The biggest problem with them is that they don't feel like exercises and are "too easy." This is a fast and easy read, written by Hans Kraus and Sports Illustrated reporter, Bob Boyle, that describes the origins of back pain, provides compelling examples, and offers Hans Kraus' trademark and breakthrough exercises for diagnosing and treating back pain. The book originally came out in 1964 and was a best seller, selling well over a million copies. If anything, its message is needed more than ever today.

Physicians who have followed Dr Kraus' approach and programs have discovered that they can eliminate most pain problems including headache, back and neck pain. As Dr Kraus explains, muscles are actually the most common reason for pains in the back, but says a thorough examination of muscles is rarely, if ever, done. Hans Kraus MD, is known as the father of sports medicine, physician to President John F. Kennedy for his back pain. What was Dr. Kraus' theory behind muscle pain treatment and the series of exercises he developed? Tension. Deficiency, which is defined as weakness and stiffness. Spasm. Trigger points

This is a book by JFK's back doctor, who had nearly cured him of his lifetime back problems at the time of the assassination. It has the basic tests of strength and exercises to improve back health.

So far it's a good read. Hope the exercises do some good however, I won't know for awhile.

Top notch advice and exercises that really worked

This book cured my back problems when doctors could not. The book arrived in satisfactory condition.

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