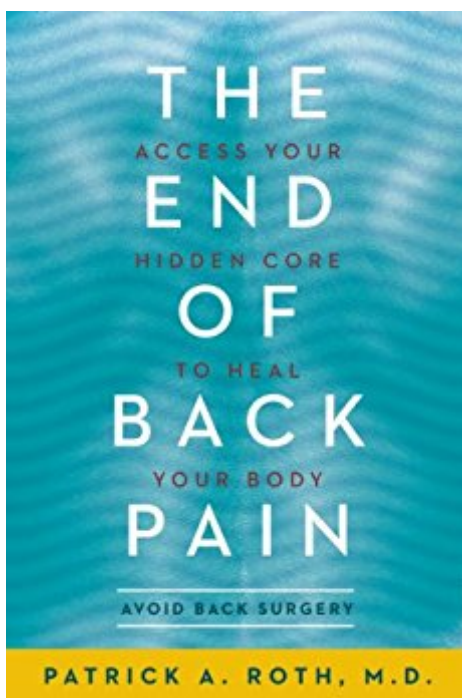


The book was found

The End Of Back Pain: Access Your Hidden Core To Heal Your Body



Synopsis

Back pain manifests itself in many different forms, attacks without warning, and damages its victims' physical and emotional health. Everyone suggests a different cure for the effects of a weak core: surgeons want to cut, chiropractors want to adjust, physical therapists want to perform physical therapy. In *The End of Back Pain*, neurosurgeon Patrick Roth, M.D., reveals that, more often than not, back pain is caused by a set of underdeveloped core muscles that control the stability and alignment of the spine that are not being used. He details a specialized exercise program to strengthen and develop those muscles to relieve, control, and even prevent chronic pain. *The End of Back Pain* helps patients view the body from a totally different perspective, and inspires readers to push their bodies in order to cure its maladies. After years of treating back pain, Dr. Roth has seen time and time again that a back that is not used to its full capacity is a back that is unhealthy. When we don't use our backs, we are not utilizing the core set of muscles designed to help us stay strong, increase stamina, and look our very best.

Book Information

File Size: 3394 KB

Print Length: 259 pages

Publisher: HarperOne; 1 edition (April 8, 2014)

Publication Date: April 8, 2014

Sold by: HarperCollins Publishers

Language: English

ASIN: B009NF6XAO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #4,251 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Healing #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Is it possible to heal back pain without surgery? With millions of people suffering from back pain throughout the world, patients demand answers. In "The End of Back Pain: Access Your Hidden Core to Heal the Body", Patrick Roth, M.D. hopes to address the physical and emotional devastation brought on by back pain. In his book, Roth delves into the unfortunate consequences of having a weak core. He addresses the fact that many doctors are quick to prescribe medications or to suggest surgery. Roth, on the other hand, addresses the power of movement and muscle in aligning your spine. According to Roth, "pain medications can cause more back pain" and "you know your body best," do drugs really sound like the answer? One of the most helpful facets of Roth's book is his exercise program. Designed to strengthen your core muscles, this plan has been designed by the author in an effort to relieve chronic pain symptoms. Roth's successful career as a neurosurgeon makes him a great fit to write this book. His style has been described as "novel and optimistic." Like "Human Movement Potential: Its Ideokinetic Facilitation", Roth's text will encourage readers to see the body in a new light. Not only that, but readers will feel empowered to take control. "The End of Back Pain" is a thought-provoking and philosophical read for anybody who has been exploring the topic of movement and back pain.

Three main points in my short review here. (I intend to write a more detailed review on my web site.) First, "The End of Back Pain" is a must-read for every patient and for every doctor, not because of its specific information about ending back pain but because of its revolutionary perspective on the doctor-patient relationship. Second, the book contains excellent information about the causes and treatments of back pain, and for that reason, it's especially imperative that anyone who suffers from back pain read it, and equally imperative any doctor, trainer, or therapist who works with back pain patients read it as well. Third, the exercise program given in the book is, while well-intentioned and correct in its general goals, is lacking in implementation. The selection of exercises isn't ideal, and the instructions for performing them are sometimes incorrect, incomplete, or both. Dr. Roth's expertise and experience as a neurosurgeon are in ample evidence throughout the book but you should leave the details of training to your own good sense or that of your trainer. Even with the exercise program's lacks, the book gets five stars out of five from me, and I would give it six stars if I could because the rest of the book is so brutally honest about both doctors and patients, so well thought out in its suggestions for the improvement of back pain in patients, and so clearly written with the most noble of intentions on the level of both the individual reading the book and the health care system in general.

After a car accident in 2011 I was in the hospital and told I needed surgery to repair an injury to my cervical spine, and with all of the physicians who came to visit me it wasn't until Dr Roth appeared that I was at ease. He explained my condition and how he would repair it in terms I could understand. In the 3 years since, he has guided my recovery and then explained any concerns that came up. When his book became available on I eagerly downloaded it. It is everything I would expect, as Dr Roth takes common sense procedures and adds his own expertise to tailor them into an effective regimen. The core of his idea, that building muscle strength wards off back pain makes so much sense. As we go through life, we hope to find the best doctors we can, and through an unfortunate accident I found the best!

This book has honestly changed my life. I have suffered for many years with lower back pain. After reading this book and following the exercises that Dr. Roth has recommended, my back pain has significantly improved. I am so grateful and forever thankful for Dr. Roth and this book. I highly recommend this book for anyone who is experiencing back pain.

Honestly? This book has a lot of theory and medical mumbo. But. There is one chapter that makes the whole thing worthwhile. The chapter that sets out a strengthening plan. Totally worth the investment in the book. It's been 3 or 4 weeks and I have reduced back pain and feel stronger. Thanks!

I am a retired head/neck surgeon facing an anterior lumbar inter body fusion and a posterior laminectomy, so I found Dr. Roth's book particularly appropriate. I was impressed by his description of the anatomy and dermatome segments as far as symptoms present. His chapters on the interaction between the brain and the back controlling the interpretation of back pain was particularly interesting. I did not spend much time on the back PT exercises as I have already decided on surgery after discussing and reviewing options with my neurosurgeon. I have three MRIs going back to 2002 and the progressive changes are obvious. I think this is a great book for anyone having significant progressive back pain. If you have enough pain to get an MRI, see a surgeon to get an opinion.

[Download to continue reading...](#)

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The End of Back Pain: Access Your Hidden Core to Heal Your Body Heal Your Pain Now:

The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Heal Your Back: Your Complete Prescription for Preventing, Treating, and Eliminating Back Pain The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Back Pain: How to Relieve Low Back Pain and Sciatica Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)