

# LOW BACK PAIN

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## P R O G R A M

### Instructional TRAINING Guide

*effective targeted exercises for long term pain relief*

13 MOBILITY exercises FOR PAIN RELIEF  
19 PROGRESSIVE exercises TO RECONDITION  
13 CHALLENGE exercises FOR PREVENTION  
10 MAINTENANCE exercises TO PROTECT

45 Exercises, Movements  
and Stretches  
170 Detailed Illustrations

An Easy, Step-by-Step,  
Safe, Self-Treatment Plan  
to Help Reduce Your Need  
for Medication or Surgery

4 Treatment Levels  
4 Progress Charts

SHERWIN NICHOLSON Author, Editor

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# Low Back Pain Program Effective Targeted Exercises For Long Term Pain Relief

**Magdalena Anitescu**



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