

LOW BACK PAIN

r e l i e v e r e c o n d i t i o n r e t u r n

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, B.Sc.

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