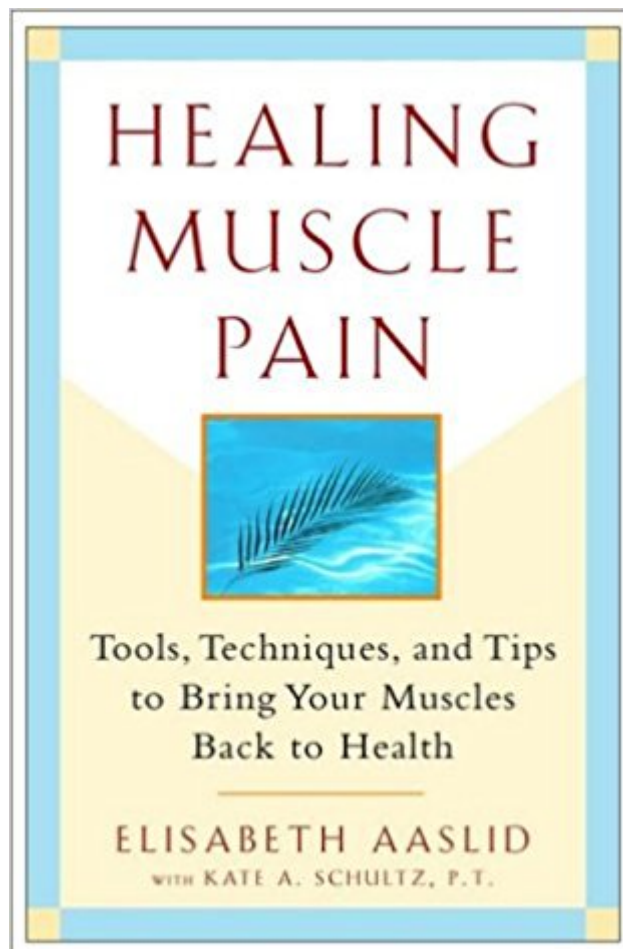




The book was found

Healing Muscle Pain: Tools, Techniques, And Tips To Bring Your Muscles Back To Health



Synopsis

A comprehensive, natural approach to self-guided muscle healing For anyone who has ever had back pain, neck pain, or wrist pain, *Healing Muscle Pain* is the ultimate reference on why muscles hurt and how they can heal. Brimming with practical tips and techniques, profusely illustrated, *Healing Muscle Pain* provides a combination of reference material and numerous remedies that can help heal all areas of the body. Medical writer Elisabeth Aaslid explains: why injuries to muscles occur, how to heal the injuries, and, most importantly, how to make sure that the pain never happens again. She includes how to incorporate stretching, how massage therapists, physical therapists, and doctors can help, and how to use a simple range of motion tests to determine areas of stiffness and damage that need attention.

Book Information

Paperback: 288 pages

Publisher: Wiley; 1 edition (August 24, 2001)

Language: English

ISBN-10: 0471378917

ISBN-13: 978-0471378914

Product Dimensions: 6.3 x 0.8 x 9.4 inches

Shipping Weight: 15.5 ounces

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #692,300 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #673 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #1069 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

This book is changing my life. I am 23 years old, and I thought that the bad decisions I'd made working at a grocery store were going to stay with me for life. I have been living with intense back and neck muscular pain for three years, and for the first time, after reading this book, I have hope. After one week of doing the stretches I already feel relief from some of the pain. I recommend this book to anyone who thinks they have to live with muscle pain for the rest of their lives, because you don't!

I have struggled with severe upper back pain for over two years. I have been to see doctors, had

x-rays (twice) and taken anti-inflammatory drugs off and on the entire time. It was extremely frustrating and led me to believe this was something I was simply going to have to live with. This book was an incredible revelation. The book not only gives you real practical help in identifying exactly what muscle is injured, but then goes on to give a detailed game plan for self rehabilitation, and beyond that how to strengthen the injured area so it won't become a problem again. I have only been using the techniques for a week or so now, but the change and relief I am starting to feel are amazing. I am so excited to know (and feel) that this problem will eventually be resolved 100%. I highly (or any muscle pain) recommend this book for anyone who struggles with back pain. This is not some kind of new age herbal nonsense. This is more like learning to perform physical therapy on yourself.

What a great book! I'm giving it to my friends and family for Christmas. Everyone whines about muscle pain. "How's your knee?" or "Is your neck better?" It's time we stop whining and start having more fun. I've had bad low back pain for two years. I thought muscle pain is inevitable as we age. Certainly the doctors I saw were happy to give me expensive prescription pain relief drugs. But these didn't fix anything. I needed to understand the causes and effects. This book has changed my expectations. I don't have to hurt. Using this book, I have reduced my muscle pain drastically. I actually slept pain free last night for the first time in months. Now I understand how the back and front of the body are one system. No wonder the McKenzie method isn't enough.

This book is a dictionary that will help you communicate with your body, understand its pains, and find relief in a natural, healthy way. It's written in a lively, candid style and many examples draw on the author's personal experiences. It will show you how to identify your muscles, stretch them, and strengthen them - the key steps not just for healing pain, but for preventing it in the first place. Whether you work in an office, have a construction job, or do anything in between, this book belongs in your library.

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

Healing Muscle Pain: Tools, Techniques, and Tips to Bring Your Muscles Back to Health 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) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Fight Back Pain: Healing Backache, Strengthening Muscles and preventing pain (Live

Long Live Health Books) Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles)
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing
Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing,
Ayahuasca Book 1) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and
Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition,
Nutrition For Athletes) Anatomy & Physiology Part 1: Bones, Muscles, and the Stuff That Connects
Bones and Muscles (Super Smart Science) 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,) The Bodybuilding Cookbook: 100
Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded,
Muscle & Fat Loss Cookbook Series) Fitness Information for Teens: Health Tips About Exercise
and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans,
Aerobic Fit (Teen Health Series) The Multifidus Back Pain Solution: Simple Exercises That Target
the Muscles That Count Muscle building box set: Ectomorph:How to Pack on as Much Muscle as
Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x
books in one , Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal
Healing, Self Healing, Reiki Healing) 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) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and
Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing
for Beginners Book 1) 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

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)