



## Pilates for Fragile Backs: Recovering Strength Flexibility After Surgery, Injury, or Other Back Problems

By Andra Fischgrund Stanton

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 10.0in. x 7.0in. x 0.5in. Safe Techniques to Reduce Pain, Build Strength, and Speed Recovery Studies suggest that proactive strengthening and flexibility-recovery exercises can speed healing after spine surgery. Whether you're preparing for or recovering from spinal surgery, recuperating from a back injury, or just dealing with a back that has issues, this book offers an effective program to help you manage pain and regain strength and mobility. These exercises modify traditional Pilates routines to accommodate partially immobilized spines, making this routine safe and effective therapy for your fragile back. The exercises are designed to not compromise a spinal fusion. Instead, they will do what Pilates exercises do best—stretch, strengthen, and tone the trunk with precise positioning and movement, while avoiding potentially dangerous repetition and overexertion. Pilates for Fragile Backs is an excellent program for people who have had spinal fusion. The simple but effective Pilates-based exercises will help tremendously in reducing pain and restoring mobility. -Vijay Vad, MD, assistant professor of rehabilitation medicine at the Weill Medical College of Cornell University and author of Back Rx and Arthritis Rx Adhering to a program of Pilates, as described in Pilates for Fragile...

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