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Profiled in The Wall Street Journal, his program requires just fifteen minutes a day for eight weeks to restore flexibility and prevent future injuries.Offering a proven alternative to invasive surgery, Dr. Vad’s Back Rx provides. As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates.

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If you follow the pain-relief guidelines on pages xviii-xx and do the exercises in this book for fifteen minutes, three times a week, the odds of a full and lasting recovery are overwhelmingly in your favor. The human back is so robust because of the way its intricately interwoven parts reinforce each other.

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Back RX: A 15-Minute-A-Day Yoga- And Pilates-Based Program ...
The classic program for relieving back pain, revised and updated with the latest innovations in treating pain and maintaining mobility. Dr. Vijay Vad’s Back Rx program has helped readers with back pain, joint pain, arthritis, and related conditions for decades, using a clinically proven mind-body regimen to reduce pain and painkiller usage. In this expanded edition, Dr. Vad explores the ...

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