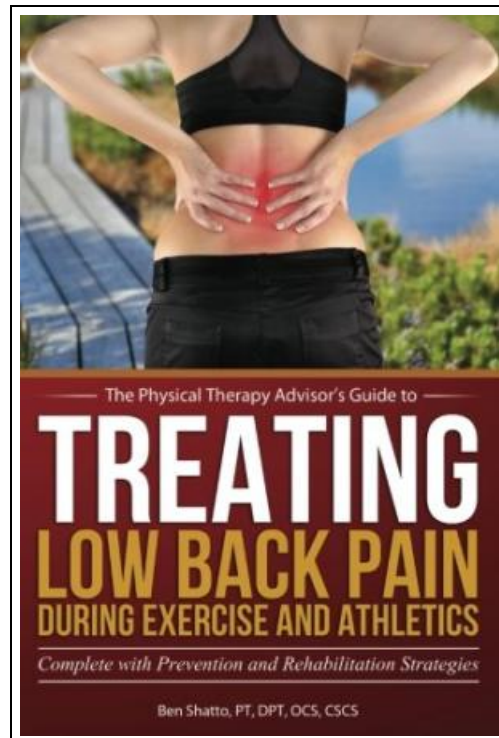


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. HAS AN EPISODE OF LOW BACK PAIN MADE YOU FEEL TOO SCARED TO TRAIN OR TO EVEN MOVE LIKE YOU DID PRIOR TO THE INJURY? Many of us just accept occasional episodes of low back pain (LBP) as a normal part of life, but these episodes of LBP can have both devastating monetary and training consequences. Your insurance money may be used up. The pain may have dissipated, but you re still not sure how to progress through the next steps. What if it happens again? Should you train or exercise as hard as before? What do you do when you re past the worst of the pain and want to resume training, but you don t feel physically, mentally or emotionally ready? Often after a severe case of LBP, you may be too scared to train like you did prior to the injury, and it turns out you should be! At least until you understand why LBP almost always re-occurs and what you can do to prevent it. Don t let LBP affect your ability to stay active and keep enjoying your favorite activities! In Treating Low Back Pain during Exercise and Athletics, I share very specific strategies for general LBP prevention among athletes such as sport enthusiasts, CrossFitters, weightlifters, and runners. These principles are helpful for anyone participating in athletics as well as those implementing a healthy lifestyle. You ll learn how to address specific causes of LBP as well as the best practices on how to prevent and self-treat when you experience an episode of LBP. In this step-by-step LBP rehabilitation guide (complete with photos and detailed exercise descriptions), you will discover how to implement prevention and rehabilitation...

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