



# BACK CARE BASICS

Mary Pullig Schatz, M.D.

A Doctor's Gentle Yoga Program  
for Back and Neck Pain Relief

Foreword by William Connor, M.D.

Preface by B.K.S. Iyengar

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Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief, Mary Pullig Schatz, Rodmell Press, 1992, 0962713821, 9780962713828, 248 pages. Back Care Basics offers the low-cost solution for back care in the new millenium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and without drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off..

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Yoga for Depression A Compassionate Guide to Relieve Suffering Through Yoga, Amy Weintraub, 2004, Health & Fitness, 285 pages. A veteran yoga instructor draws on the effective link between yoga and emotional well-being to reveal why specific postures, breathing exercises, and meditation techniques can ....

Healing Back Pain Naturally The Mind-Body Program Proven to Work, Art Brownstein, Jun 1, 2001, Family & Relationships, 320 pages. A holistic approach to dealing with back pain explains how to use an all-natural program that combines mind-body techniques, specific stretching exercises, breathing techniques ....

The yoga sutras of Patanjali , Swami Satchidananda, Patañjali, Oct 15, 1990, Health & Fitness, 263 pages. This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. This new deluxe printing of these timeless ....

The Tree of Yoga , B. K. S. Iyengar, Mar 26, 2002, Health & Fitness, 208 pages. Discusses the place of yoga in daily life, love, sexuality, family life, health, meditation, death, and teaching..

8 Steps to a Pain-Free Back Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot, Esther Gokhale, 2008, Health & Fitness, 227 pages. Demonstrates the Gokhale method--a technique for alleviating back pain--using eight steps, and includes illustrations, exercises, and tips on how to deal with issues that might ....

Yoga for Wimps Poses for the Flexibly Impaired, Miriam Austin, 1999, Health & Fitness, 108 pages. Presents photographs and descriptions of a variety of simplified yoga poses designed especially for people who cannot manage traditional beginning moves; including warm-ups ....

Injury Afoot 30 Things You Can Do to Relieve Heel Pain and Speed Healing of Plantar Fasciitis, Patrick Hafner, Jul 1, 2008, Health & Fitness, 104 pages. Plantar fasciitis is more than just a case of a sore foot. The nagging, painful foot condition can be akin to a railroad spike jammed into your heel. This book contains your 30 ....

Mind over back pain a radically new approach to the diagnosis and treatment of back pain, John E. Sarno, 1984, Medical, 124 pages. .

Overcome Neck & Back Pain , Kit Laughlin, 1998, Family & Relationships, 208 pages. Provides readers suffering from chronic back pain with an accessible program based on both Eastern and Western medicine, including yoga and stretching exercises.

The Runner's Yoga Book A Balanced Approach to Fitness, Jean Couch, 1990, Health & Fitness, 207 pages. The Runner's Yoga Book is an ideal companion for the weekend or professional athlete, for the reader who wants to stretch and relax, and for the developing yoga student who ....

Back in Control Your Complete Prescription for Presenting, Treating, and Eliminating Back Pain from Your Life, David G. Borenstein, 2002, Health & Fitness, 285 pages. Describes a program on

ways to eliminate back pain showing how to correctly diagnose the problem and find the best treatment..

Yoga Turns Back the Clock The Unique Total-Body Program that Fights Fat, Wrinkles, and Fatigue, Glenda Twining, 2003, Health & Fitness, 192 pages. Discusses the mental and physical benefits of yoga and provides instructions for, and photographs of, beginning, intermediate, and advanced positions..

The New Yoga for People Over 50 A Comprehensive Guide for Midlife and Older Beginners, Suza Francina, 1997, Health & Fitness, 286 pages. Demonstrates the ways in which yoga postures and practices, selected especially for people over fifty, can restore body flexibility and promote mental well-being.

Trigger Point Therapy for Low Back Pain , Sharon Sauer, Mary Biancalana, 2010, Health & Fitness, 265 pages. A protege of trigger-point-therapy founders Janet Travell and David Simons presents the first in her series of comprehensive manuals, designed to provide relief from muscle ....

The Yoga Bible , Christina Brown, May 29, 2003, Health & Fitness, 400 pages. A guide to yoga features 150 positions along with step-by-step instructions on how to achieve them, a summary of the various schools of yoga, and advice on breathing techniques ....

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