



The Pilates Back Book: Heal Neck, Back, and Shoulder Pain with Easy Pilates Stretches

Tia Stanmore

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The Pilates craze has swept the nation, and everyone from celebrities to college students to homemakers are in on it. They know that Pilates can grant tremendous fitness benefits, that it can stretch and tone and strengthen, and that the exercises are fun to do. But most people aren't aware that Pilates stretches can relieve pain, too.

Back pain is the number one cause for missing work in America. Millions of people suffer from back pain and are unable to find relief from drugs or surgery. Pilates is a collection of exercises for strengthening the spine, and it can relieve chronic neck, back, and shoulder pain for good.

***The Pilates Back Book* is the first book to highlight the pain-relieving properties of Pilates. Readers will discover:**

- The link between muscles and back pain-and how to use that knowledge to prevent further injury.
- How to design a personal Pilates program for specific types of pain.
- Exactly how to do the Pilates stretches through lavish full-color photos.

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