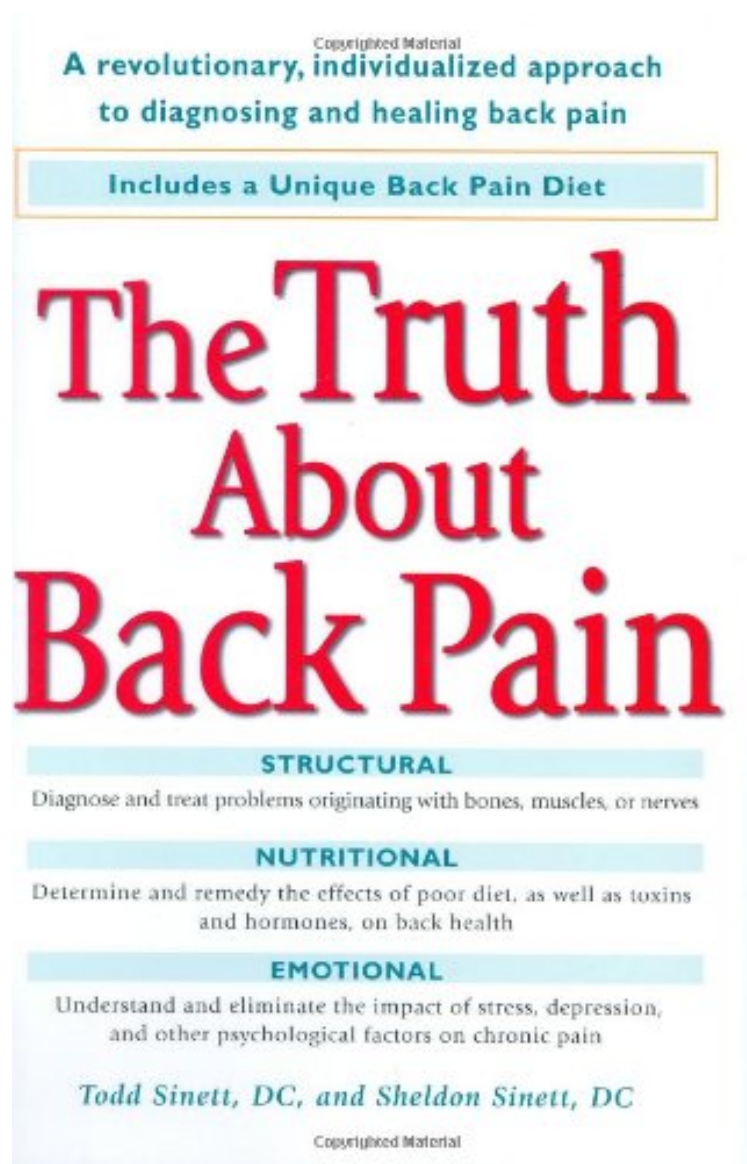


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The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain

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Todd Sinett DC, Sheldon Sinett DC : **The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain:

0 of 0 people found the following review helpful. Terribly disappointingBy VitaLuna63Everything, and I mean everything, in this book, I have done. I have spent \$5000 on alternative treatments and I am done. I was so hoping this would address realities I am now faced with due to degenerative spondylolisthesis. Next is facet injections, for both a diagnosis and pain relief. Last resort is fusion of L5 and S1. This book talks about diet, mental attitude, chiropractors, exercise and acupuncture, etc. It stops there and assumes even scoliosis can be fixed by this combo. Wrong. Wrong. Wrong. If you have a definite, structural issue, I am NOT convinced this book will work for you. However, I am biased as it did nothing for me and I have tried it all. 5 of 5 people found the following review helpful. Practical and simpleBy D. Levy Often times one starts to read a medical or self-help book only to find that after a few pages your eyeballs rollover and you can't follow the author's advice because it is too technical and over the average reader's head. This book is truly written to offer the average person practical yet simple ways to possibly avoid back pain and the general aches and pains usually connected to aging. It also offers the reader some eye opening alternatives to the established medical community with documented and well constructed arguments for "thinking outside the box". I really enjoyed reading this book. I have already implemented some of the easier to do things and I am committed to trying some of the others. This is a must read for the typical aging adult. 13 of 13 people found the following review helpful. Very good, but there are problems with some of the exercises...By M. Benson The authors do a great job of explaining holistic causes and remedies for back problems. Let me start by saying that I am comparing this to Stuart McGill's (a PhD in spine biomechanics who backs up his statements with hard evidence in a lab) two back biomechanics books. The Sinetts' statements agree with McGill on many issues, but there are some exercises that may be harmful, according to what I've read from McGill and others. On page 108 the plank is very helpful, but the Sinetts say to pull the navel into the spine. {From the New York Times: "Critics, including personal trainers and specialists in the spine and biomechanics, are now saying that drawing in may not make sense while, say, lifting weights or performing a crunch or running a race. In fact, some say, drawing in may even be counterproductive. "If you hollow in, you bring the muscles closer to the spine, and you reduce the stability of the spine," said Stuart McGill, a professor of spine biomechanics in the department of kinesiology at the University of Waterloo in Ontario. Try rising from a chair with a hollowed out stomach; not only are you "weak," he said, but "it's very difficult." Dr. McGill, who has treated patients with back disorders for 25 years, has measured spinal loading forces and their effects on spinal stability with computer models and in test subjects wired to computers. His findings dispute not only the validity of drawing in, but also the very notion that the transverse abdominus plays a pivotal role in stability. All abdominal and back muscles are important, not just this one, Dr. McGill said."} On pages 110, 111, and 112 there are exercises telling you to lie on your back and lift your straight legs up. This may be activating your psoas muscles much more than your abdominal muscles. If your psoas muscles are too strong and tight, they will pull on your lower back, where they are attached after running from the front of your hip through your pelvis. These are not good for my lower back. I'm glad the authors dispel the myths regarding how to get six pack abs and how pursuing them can actually create back problems. Also they say that some Pilates exercises can create more problems. I never had back problems until I tried Pilates, which puts a lot of emphasis on the psoas, which pulls on the lower back. Look this up on the internet. The book is written in a very ego-less and friendly style that is easy to read and comprehend. I believe the authors were very sincere in this effort to help, since there are no sensationalist claims or exaggerations. The stories of their clinical experience are also helpful.

A unique structural, nutritional, and emotional approach to understanding and treating back pain? now in paperback. Most health practitioners and back pain books focus mostly on structural causes and treatments of back pain. A few look at the effect of stress and other emotional issues. But only Drs. Todd and Sheldon Sinett have pioneered a comprehensive, three-tiered approach to treating back pain based on their belief that back pain can result from three different types of issues: structural, chemical, or emotional. The Truth About Back Pain introduces a shift in the diagnosis and treatment of back pain that is holistic, favoring noninvasive solutions. Once the origin of back pain is understood, appropriate action can take place to achieve relief. This book's program provides practical guidance and specific advice ranging from exercise and meal plans to techniques for dealing with stress as it dispels common myths and misconceptions that can hamper recovery.

A killer resource for anyone who has dealt with crippling or nagging back pain that doesn't respond to traditional treatments. Monica Neave, Exercise Editor About the Author Todd Sinett, DC, runs a health and wellness clinic in New York City that specializes in chiropractic care and applied kinesiology, nutritional and supportive counseling, and physical therapy. Sheldon Sinett, DC, was a leading chiropractor for thirty years and a pioneer in combining chiropractic medicine with holistic practices.