

# The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program

Jim Wharton, Phil Wharton

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Don't just rehab your back--PREhab it!

Father-and-son training team Jim and Phil Wharton have served as physical therapists to everyone from Olympic medalists to Broadway and Hollywood stars. Now - with *The Wharton's Back Book* - they're here to relieve your back pain quickly, easily, and *permanently*. Their methods not only target and resolve current conditions, they also can help you PREhab your back, to prevent any future pain or disability. With this book, you will:

Understand how the back works and why back problems can often be traced to injuries in other parts of the body

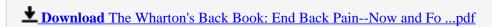
Ease pain and keep your back strong with a simple 20-minute routine that meets your lifestyle

Identify the source of current hurt and follow a short-term program to relieve pain and restore flexibility

Understand the latest diagnostic tools with an overview of cutting-edge treatment options

Reverse or completely cure back problems stemming from more than 50 conditions, activities, and sports-related injuries

Relieve back-related troubles caused by anything from extra pounds to osteoporosis, work, tension, or the way you sleep



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