



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

By 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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Editorial Review

From Publishers Weekly

About 31 million Americans experience back pain, and the Whartons are on an enthusiastic mission to help sufferers approach injuries "not as a patient, but as an athlete" and get back in action, pain-free. For a book on back pain recovery and prevention, this is a surprisingly entertaining read, with anecdotes from the authors' New York City physical therapy practice-and even some celebrity name-dropping. The book is so crammed with information that it could be overwhelming, but readers can select applicable sections.

Following a detailed introduction to the back, the authors include sections on what they call PREhab ("that is, helping our athletes prepare properly so that injuries never happen"), stopping the pain, protecting the back, stress and slumber, and situations and solutions. They explain and apply their unique Active-Isolated method, suggest exercises (with helpful demonstrative photos) and provide real-life case studies throughout. The Whartons believe every part of a person's lifestyle can impact the back-and they cover it all.

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Review

"I was certain that nothing was ever going to cure the pain in my neck and give me range of motion. Meeting with Phil Wharton was an absolute godsend. I have the utmost respect for the Whartons." *?Barry K. Schwartz, founder of Calvin Klein, Inc., and current chairman of the New York Racing Association*

"[The Whartons'] stretching and strengthening programs that take 15 to 20 minutes a day cured my 5-year problems. I finally made the 2000 Olympics, injury-free, and broke 3 Irish records en route. This could not have been possible without the Wharton Performance team." *?Mark Carroll, Irish national record holder in track and field*

"Jim and Phil Wharton are engagd in an important public initiative to keep America on the go with freedom from common back ailments. This book can change the health of a nation." *?Stephen Holt, M.D., author of The Antiporosis Plan and the best-selling The Soy Revolution*

"While performing in films and training for marathons, I suffered disk herniations. I was a mess--pain, atrophy, weakness, numbness. Once Wharton Performance got their hands on me, I was right back on my feet. I was blown away by the knowledge, passion, and commitment that Jim and Phil have for what they do." *?William Baldwin, actor*

"With the Whartons' program, there's no limit to what you want to do. You can improve as much as you want in the areas you'd like, and you can tailor the program specifically to your needs." *?Chris Martin, former coach of the Great Britain national swim team and the U.S. Olympic and national swim teams, including an Olympic-gold-medal-winning swimmer*

From the Back Cover

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Jim and Phil Wharton are the authors of *The Whartons' Stretch Book* and *The Whartons' Strength Book*. Their training methods have been featured on *Dateline NBC* and the Discovery Channel and have appeared in many publications including *Runner's World*, *Shape*, *Health*, *USA Today*, and the *Wall Street Journal*. Based at the Wharton Performance Center in New York City, they coach and train all over the world.

Users Review

From reader reviews:

Carol McElroy:

Reading can called mind hangout, why? Because if you find yourself reading a book mainly book entitled The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every single word written in a book then become one form conclusion and explanation that will maybe you never get ahead of. The The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program giving you a different experience more than blown away your head but also giving you useful data for your better life on this era. So now let us demonstrate the relaxing pattern this is your body and mind is going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary paying spare time activity?

Robyn Pugh:

The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into satisfaction arrangement in writing The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program but doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information can drawn you into brand new stage of crucial contemplating.

Bruce Mull:

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Timothy Wingo:

A lot of publication has printed but it is different. You can get it by world wide web on social media. You can choose the most effective book for you, science, comedian, novel, or whatever by searching from it. It is named of book The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program. Contain your knowledge by it. Without departing the printed book, it might add your knowledge and make anyone happier to read. It is most important that, you must aware about publication. It can bring you from one place to other place.

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