

THE DEFINITIVE GUIDE TO OVERCOMING BACK PAIN

Available in paperback and electronic versions with videos you can click to watch

BACK ACTION

Heal your back pain and prepare your body for motion with tips, guidelines, exercises and videos from Dr. Duke!



What causes
my lower
back pain?

What can
I do to
treat it?

Should I be
using ice...
or heat?

How can I
keep it from
coming back?

For more information, visit www.BackInActionBook.com

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Back in Action is the definitive guide to healing back pain through movement.

When it comes to back pain, there's lots of information out there. Much of it is contradictory, and, often, it's plain wrong. Dr. Duke cuts through the misinformation with clear, easy to follow tips and exercises that can be followed by practically anyone, regardless of fitness level.

What can you learn from Back in Action?

The key to overcoming and preventing lower back pain is movement. With thorough but easy-to-follow explanations — **and informative videos in the electronic version** — Back in Action explores:

- **Beneficial stretching movements**
- **Proper techniques for lifting, pushing and pulling**
- **Overcoming poor posture**
- **Activating your core**
- **How to begin and maintain routines for a healthy spine**
- **Seated exercises for office work environments**
- **Immediate self care techniques and when to seek professional care**
- **Movements for exercise enthusiasts and athletes**
- **Spine-friendly yoga poses**
- **Age-related spinal issues**
- **Proper nutrition for a healthy spine**
- **Use of pain relievers**



▶ Video 24: Hip Opener



▶ Video 63: Half Plank

Back in Action features exercises and stretches...



...you can do anywhere and anytime

Available from Amazon, Barnes & Noble, and the Apple iBooks app, or ask your local bookseller




About Dr. Duke

The principal owner at Duke Chiropractic, a multi-sport and spine rehabilitation facility in New York City, Dr. Duke specializes in the treatment and prevention of sport, spine and soft-tissue injuries. In addition to serving yearly as one of the official physician team captains for professional athletes at the New York City Marathon and past Triathlons, Dr. Duke was also selected as a sports chiropractor for the U.S. Olympic Training Center in Colorado Springs. Dr. Duke has been published by Self, Allure, Men's Health, Runner's World and many other magazines.

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