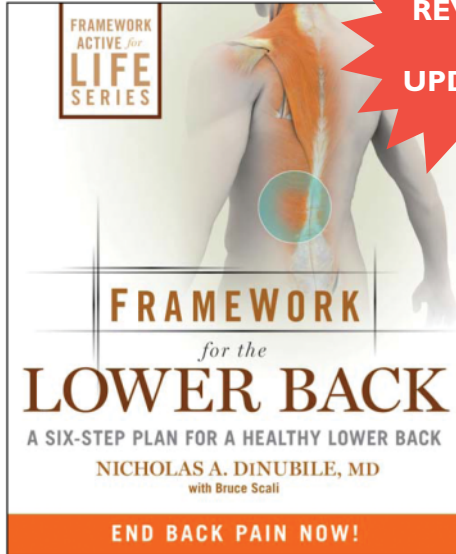


FRAMEWORK FOR THE LOWER BACK

A Six-Step Plan For a Healthy Lower Back



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7.5 x 9.125 • 208 pages

Nicholas A. DiNubile, MD

Trusted orthopedist Nicholas A. DiNubile provides cutting-edge strategies for safely starting, maintaining, and building a lifestyle and exercise program designed to promote muscle, bone, and joint function of the lower back.

DiNubile provides lower back pain sufferers with a specific plan for treating and preventing sprains, strains, disc problems, arthritis, sciatica issues, and other injuries. Beginning with an explanation of the causes, preventative strategies, and treatment of common lower back problems, *Framework for the Lower Back* includes:

- A comprehensive pre-exercise screening questionnaire to assess the extent of injury or pain
- A tailor-made exercise plan that incorporates innovative exercises that can be done at home or in the gym
- Nutritional advice designed to strengthen the muscles, joints, and bones of the lower back

Lower back pain and injury doesn't mean the end of an active lifestyle. All it takes is a balanced, customizable plan that acknowledges the fact that our bodies are all a little different and often need special attention. *Framework for the Lower Back* provides that plan and gives you all the tools you need to stay active for life.

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