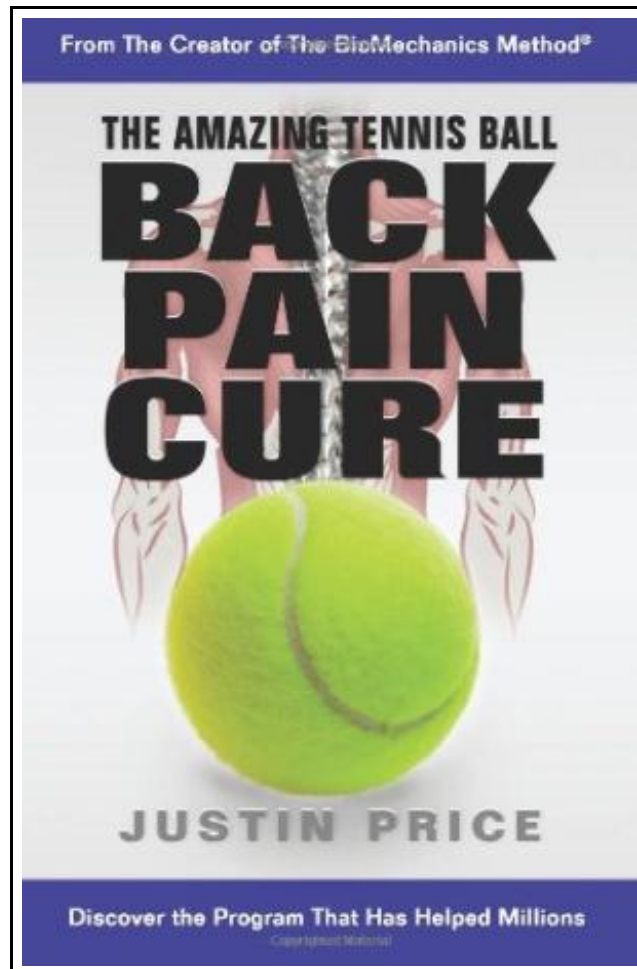


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Biomechanics, United States, 2013. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This easy-to-follow book from Justin Price, creator of The BioMechanics Method(r) and one of the world s top back pain experts is the ultimate guide to helping you overcome back pain. Unlike other books on back pain relief that require you to do dynamic stretching or strengthening exercises that can make the problem worse, The Amazing Tennis Ball Back Pain Cure provides you with simple techniques and soothing exercises that address the underlying cause of your pain and prepare your entire body to move without the constant discomfort that has become an unwanted part of your life. If you want to get rid of your back pain naturally and for good, you must address the two most prevalent causes of pain (overworked muscles and irritated joints) before you start putting your body under the stress of traditional exercises. Justin has spent more than 20 years helping people put an end to chronic pain with his easy, insightful, and intuitive tennis ball program and he has taught his remarkable techniques to other health professionals around the world who use them to successfully eliminate their patients muscle, joint, and back pain. Now his methods are available to you in this truly amazing book. The way The Amazing Tennis Ball Back Pain Cure works is simple. You use a tennis ball as a tool for self-massage in strategic areas around the body. Knowing exactly where to place the ball and how to perform the easy techniques in this book can bring about incredible relief from: Lower back pain Upper back pain Sciatica Disc issues Muscle tension and joint pain Pain in the feet, ankles, knees, hips, shoulders, neck, and head It...



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