



The Pilates Prescription for Back Pain: A Comprehensive Program for Developing and Maintaining a Healthy Back

By Lynne Robinson, Helge Fisher, Paul Massey



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The Pilates Prescription for Back Pain details the self-care program that trained Pilates physical therapists have been using for decades to eliminate back pain. The authors explain each step of the program, outlining the relevant anatomy and teaching the fundamental concepts of Pilates. The book's three-stage approach builds patient confidence as it strengthens core muscles. The series of coordinated exercises improves postural alignment and body awareness, helping to prevent problems and alleviate existing conditions. Detailed illustrations and photos of each exercise are included.

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