



# **Your Miraculous Back: A Step-By-Step Guide to Relieving Neck & Back Pain**

*Gerald M. Silverman DC*

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Many of us complain about our 'bad back,' but this book argues that our backs are, without exception, amazing examples of bioengineering, capable of dramatic feats of strength, flexibility, and support. The epidemic of chronic, debilitating back pain that millions of Americans struggle with is really a manifestation of the culture we live in: sedentary lifestyles, inadequate exercise, and a lack of focus on extending range of motion despite the presence of pain.

The book starts with a user's guide to the human back that explains the physiological function of this remarkable system of bones, joints, and connective tissue. Then it describes the kinds of pain that can occur in each of these systems so that you can design a recovery program that is right for your particular situation. The book works to debunk the myth that back pain is permanent or the result of damage to parts of the back system. Instead, it offers a progressive set of range of motion and stretching exercises. If practiced regularly and patiently, the techniques in the book will bring relief to anyone suffering from persistent pain in the neck and back.

*A true back-owner's manual. Required reading for anyone who has had back pain, has it now, or will have it.*  
-Allen G. Zippin, MD, diplomate of the American Board of Neurological Surgery

*Any book written to help people help themselves must contain technical details about how to do so-and this book is no exception. However, what distinguishes this book is that these gems are embedded in an account that personalizes Gerry Silverman to the reader. The stories of patients are presented with empathy and respect. The solutions to problems often enough originate in the application of some common sense plus some stretching and rubbing, so they are accessible to anyone. The book is easy, appropriate, convincingly honest, truly clinical-as well, I am sure, as an authoritative guide.*

-Harvey L. Lerner, MD, diplomate of the American Board of Internal Medicine

*Healing is a spiritual as well as a physical challenge. Gerry Silverman has helped the work of healing with this wonderful book.*

-Rabbi Marc Gellman, Ph.D., senior rabbi of Temple Beth Torah in Melville, NY

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