

Download Yoga The Back Pain Cure The Yoga Therapy Back Care And Low Back Pain Treatment Program

Low back pain is a significant public health problem and one of the most commonly reported reasons for the use of Complementary Alternative Medicine. Despite being an effective treatment for back pain for more than 2,000 years, inversion therapy has long been considered an alternative treatment... one that's largely been ignored by the mainstream healthcare community. The video from NCCIH includes: A look at innovative technology that examines how older people use their muscles and joints in certain yoga postures. This session can entail a full or partial body treatment based on the time requested and/or the client's needs. The work is more focused and begins to address the deeper muscle groups and chronic pain affecting specific body areas (neck, shoulders, low back, etc.). - Yoga The Back Pain Cure The Yoga Therapy Back Care And Low Back Pain Treatment Program