



# Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain

*Vijay Vad, Hilary Hinzmann*

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As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates. Profiled in **The Wall Street Journal**, his program requires just fifteen minutes a day for eight weeks to restore flexibility and prevent future injuries.

Offering a proven alternative to invasive surgery, Dr. Vad's **Back Rx** provides the best of mind/body medicine by giving readers three step-by-step exercise series, demonstrated in 130 precise photographs, for implementing his popular program at home. Even readers with severely limited mobility will rejoice in Dr. Vad's gentle introductory workout. Progressing through his self-paced program, they will discover a new range of exercises, breathing techniques, and tips for self-massage. For those who want to go even further and use this program for more than the treatment of a single injury, an advanced workout is included that puts readers on the road to peak performance.

The perfect combination of modern medicine, Pilates innovations, and ancient yoga postures, **Back Rx** builds important new fundamentals for lifelong freedom from pain.

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