



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

*Hilary Hinzmann, Vijay Vad*

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## Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Hilary Hinzmann, Vijay Vad

*The Back Rx prescription offers a comprehensive mind/body solution for lower back pain. It empowers you to take your healing into your own hands and become your own physician!*

In **Back Rx**, Dr. Vijay Vad brings together the most advanced modern medicine, with the ancient-wisdom practice of yoga and the core strengthening of Pilates . . . to create an exercise regimen *clinically proven* to eradicate back pain without surgery.

Three complete sets of 15-minute exercises are included on this DVD:

- **Back Rx—Beginner’s Core:** Move freely—and without pain—after an acute low-back injury.
- **Back Rx—Intermediate Core:** Raise your fitness level and combat stress with this vigorous toning routine.
- **Back Rx—Core Plus:** Engage in a strenuous core-body workout and feel stimulated from head to toe.

(**Back Rx** exercises are demonstrated by Kate Thompson and Jack Dyer.)



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