

THE BACK DOCTOR BY HAMILTON, M.D. HALL



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Dr. Hamilton Hall's techniques offer hope for millions of Americans.

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4 of 4 people found the following review helpful.

Back Doctor, goodbye back pain...

By mgrondin

What I remember liking the most, are his various explanations of back pain, how most of us get it, what we can do to get rid of it, and most important - how to avoid it.

He also puts plain words on all the Chiro/etc techno-talk and what it all boils down to.

I read it over 5 years ago - haven't seen a chiro since. Have I been without any pain - no. But the bouts are few & far between + I know what to do - and it's never so bad I must stay in bed or sitting all day long.

I had been going to chiros for over 20 years and they had never been able to resolve it. (The last one was actually very nice - and did give me some decent guidelines - which all others before had failed to do).

I don't remember if he says it these words, but modern back pain is a combo of several things : mainly inactivity, weight problems and bad sitting habits. Our backs are precious - we should take better care of them.

Mr. Hall

3 of 3 people found the following review helpful.

An excellent book - I recommend it to all my friends.

By A Customer

I've had two episodes where I was flat on my back with a herniated disc for an entire month. This book explains how your back works and how to take care of it. It's easy reading. It's clear, concise and useful. I've given copies to family and friends and would recommend it to anyone.

1 of 1 people found the following review helpful.

The Back Doctor

By Sparky

This was a good book for someone with advanced back pain who will need the help of a surgeon to deal with it. Surgical intervention is not always the solution to back problems, though, and many times a good osteopathic doctor can deal with many of the other back problems people do have. This book was written by a doctor who saw many of the same problems over and over, and decided to write a book to help his patients,

and many others, with the many questions they have about their back problems. It gives the reader a good place to start trying to describe their problem and ask their doctor the right questions needed to address their issues.

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