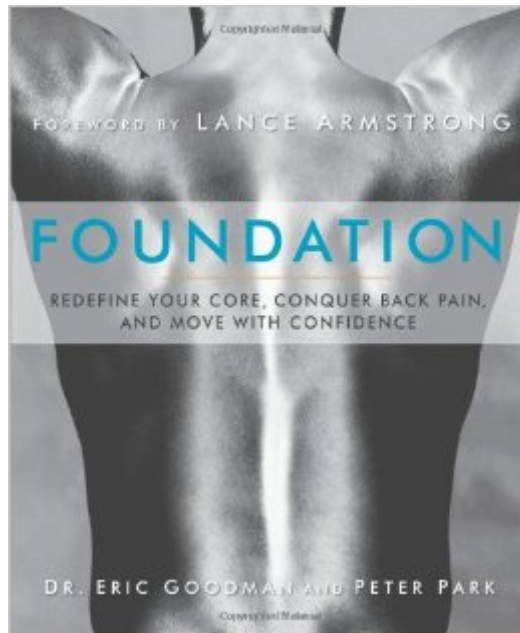


The book was found

Foundation: Redefine Your Core, Conquer Back Pain, And Move With Confidence



Synopsis

RADICALLY REDEFINE YOUR CORE Foundation by Dr. Eric Goodman and Peter Park shifts the training focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility, and endurance and say goodbye to back pain.

Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (444 customer reviews)

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Customer Reviews

Up until Memorial Day this year, I was playing soccer and refereeing at age 60. But then I torqued my back doing yardwork. I didn't have sciatica, but I could no longer run, bend over, get out of bed, and I could barely use the toilet in the morning. I tried celebrex, mobic, PT, chiro, yoga, massage, and personal training to change how I walked/ran. My pain level remained at around a 7. I finally got an MRI, which indicated advanced disk degeneration and a small disk bulge. Then I read that San Jose Earthquakes player Ramiro Corrales had spinal cortisone shots and followed the Foundation exercises throughout the season. So 6 weeks ago, I started the exercises. My back was so weak, and I had to go so slowly, that one set of the basic 5 exercises took me 45 minutes. I could only hold the poses for a few seconds each. I had some immediate pain relief that first day, so I kept at it, building up to 20" poses. Each day my back improved. After 2 weeks, I realized I was supposed to do 3 sets of the basic exercises, so I increased my workout. Then I moved to the intermediate exercises, and now I am doing the advanced workout. My back is now strong enough, that if I trip, or if someone bumps into me or vice versa, I no longer get stabbing pain running up my spine. My pain

dropped to a 3-4. I am pretty sure that the Foundation exercises opened my spinal joints and allowed blood into the area to help reduce the inflammation. I have also found that I need to do them almost every day. Do you need to be an athlete to do these exercises? No, but you need to develop an athlete's resolve to keep at them. Remember, I was so weak I could barely do them in the beginning, so I had fallen out of an athletic state and had even become pre-diabetic. Am I cured? No.

I've had lower back pain for the last ten years, since I was 23 or so and left the student life to join the corporate world... it seems like I was always either dealing with a pulled back or recovering from a pulled back. Sometimes it was manageable, and sometimes I could barely get up in the morning. I'm not an old guy, and with two young kids this was becoming a serious impediment to me just being able to live and enjoy my life. Every time I'd start a fitness routine, it'd end in me injuring my back several weeks later. I tried everything, and spent thousands of dollars. I saw my doctor, received massage therapy for years, chiropractor, acupuncture, and even did yoga and pilates. They all seemed to offer some degree of pain relief and maybe I'd go a couple months without pulling my back. But it'd always get injured again. Recently, after yet another pulled back, out of desperation I went searching for a book and came across this one. I waited 6 months before writing this review, so I could give a good testimonial. And what a great 6 months it has been! I started doing the exercises in this book while in the midst of back pain, and it slowly went away, so far never to return. All the other "treatments" I received addressed a variety of things... posture, flexibility, stiffness, alignment, whatever. But the root cause remained: my back muscles, (or posterior chain as the book refers to it as) were simply weak. No amount of other treatments would help, as my weak back was just so easy to injure. It took about three weeks of following the program in the book before I started noticing improvement. After 6 weeks, the improvement was very substantial. Now, it's an amazing and enjoyable improvement...

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