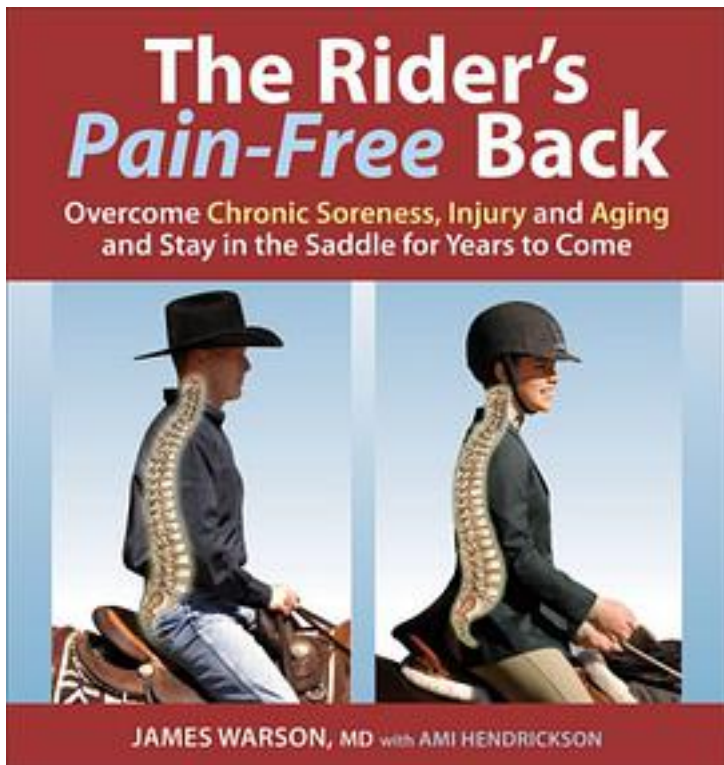


The Rider's Pain-Free Back



[The Rider's Pain-Free Back 下载链接1](#)

著者:James Warson MD

出版者:Trafalgar Square Books

出版时间:2007-7-1

装帧:Hardcover

isbn:9781570763717

Explaining the impact of horseback riding on the human back in easy-to-understand terms, this guide illustrates how various movements in the saddle affect a rider's back and outlines straightforward steps that can be taken immediately to help keep riders ready to saddle up. Too many riders suffer from back injury, stress, or strain and consequently experience pain when in the saddle or are unable to ride at all. This indispensable guide has step-by-step exercises for strengthening the body for riding, guidance on horse selection and tack selection, and tips on which horse sports are appropriate for riders with various back problems. Traditional and alternative

treatments for back pain are also discussed, as are the special considerations of pregnant and elderly riders.

作者介绍:

目录:

[The Rider's Pain-Free Back_ 下载链接1](#)

标签

评论

[The Rider's Pain-Free Back_ 下载链接1](#)

书评

[The Rider's Pain-Free Back_ 下载链接1](#)