



Spine Work: Pilates-based Exercises for Neck, Shoulders and Back

Tia Stanmore

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The first Pilates-based book to address the neck, shoulders and back specifically, offering an opportunity to alleviate individual problems and to prevent further harm or injury. Back problems are amongst the most common complaints of sedentary office workers. Outlines the origins of Pilates, its principles and application in the prevention and management of back injuries. Examines the link between dysfunction of the spinal stabilisation muscles and back pain. Offers a full programme of Pilates-based exercises, teaching how to train muscles in order to develop strength and flexibility.

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