



Framework for the Lower Back: A 6-Step Plan for a Healthy Lower Back (FrameWork Active for Life)

Nicholas A. DiNubile, Bruce Scali

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Manage and prevent lower back pain with the proven FrameWork philosophy!

Muscle and joint conditions have surpassed the common cold as the #1 reason for physician visits in the United States with lower back pain leading the charge. If you suffer from lower back pain, you know the frustration of having to miss out on activities you enjoy and having trouble finding an exercise program that does not exacerbate your pain or symptoms.

In his book, FrameWork, renowned sports medicine physician Dr. Nicholas DiNubile provided readers with cutting-edge strategies for safely starting, maintaining, and building an exercise program designed to promote optimum muscle, bone, and joint function and health. Now in the first installment of his Active for Life series, Framework for the Lower Back, DiNubile provides lower back pain sufferers with a specific plan for treating and preventing sprains, strains, disc problems, arthritis, sciatica issues, and other injuries. Beginning with an explanation of the causes, preventative strategies, and treatment of common lower back problems, Framework for the Lower Back includes:

- A comprehensive pre-exercise screening questionnaire to assess the extent of injury or pain
- A tailor-made exercise plan that incorporates innovative exercises that can be done at home or in the gym
- Nutritional advice designed to strengthen the muscles, joints, and bones of the lower back

Lower back pain and injury doesn't mean the end of an active lifestyle. All it takes is a balanced, customizable plan that acknowledges the fact that our bodies are all a little different and often need special attention. Framework for the Lower Back provides that plan and gives you all the tools you need to stay active for life.

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