Lynne Robinson. A self-help manual focusing on back pain prevention and rehabilitation using the unique Pilates body conditioning system 3 in 5 of us will suffer from backache in our lives. In order to mitigate against the worst-case scenario, use Pilates to strengthen your back and also the supporting muscles so that it doesn't take all the strain. Pilates has a strong reputation in tackling back problems and many doctors, osteopaths and physiotherapists are already endorsing its unique quality to exercise deeply but gently and to rebalance the posture (many are opening Pilates centres) An edition of Pilates Back Book (2006). Pilates Back Book. by Tia Stanmore. 0 Ratings. 0 Want to read. 0 Currently reading. 0 Have read.Â Pilates Back Book. This edition was published in April 15, 2006 by Hamlyn. Edition Notes. Pyramid Paperbacks. ID Numbers. Open Library. OL7584343M. Books are not intended to replace professional Pilates instruction by a Certified Pilates Instructor. One should always seek professional instruction from a Certified Pilates Instructor whenever possible. Personal Studio Guide (pocket books) available for Pilates Reformer, Pilates Mat, Pilates Cadillac, Pilates Barrels, and Pilates Chairs Collect all 5 books here on Amazon.com today! And for Detailed Pilates Instruction, look for THE OFFICIAL PILATES TRAINING MANUALS offered by The Pilates Studio of Los Angeles, authored by Melinda Bryan.Â From back pains, posture problems to prevention of common sports injuries and training your children to use their bodies properly, this is the one-stop reference. (show less). Read Amazon reviews|Rate or write a review. The Pilates Back Book is the first book to highlight the pain-relieving properties of Pilates. Readers will discover: -The link between muscles and back pain-and how to use that knowledge to prevent further injury. -How to design a personal Pilates program for specific types of pain. -Exactly how to do the Pilates stretches through lavish full-color photos. The Pilates Back Book: Heal Neck, Back, and Shoulder Pain With Easy Pilates Stretches. Search for: Site Areas. Find great deals on eBay for the pilates back book. Shop with confidence. Save the pilates back book to get e-mail alerts and updates on your eBay Feed. Shipping to: Russian Federation. Update your shipping location. Afghanistan - AFG Albania - ALB Algeria - DZA American Samoa - ASM Andorra - AND Angola - AGO Anguilla - AIA Antigua and Barbuda - ATG Argentina - ARG Armenia - ARM Aruba - ABW Australia - AUS Austria - AUT Azerbaijan Republic - AZE Bahamas - BHS Bahrain - BHR Bangladesh - BGD Barbados - BRB Belarus - BLR Belgium - BEL Belize - BLZ Benin - BEN Bermuda - BMU Bhutan - BTN Bolivia - BOL Bosnia and Herzegovina - BIH Botswana - BWA Brazil - BRA British.