



# Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief

*Mary Pullig Schatz*

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**Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief** Mary Pullig Schatz  
Back Care Basics offers the low-cost solution for back care in the new millenium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and without drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.

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