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Profiled in The Wall Street Journal, his program requires just fifteen minutes a day for eight weeks to restore flexibility and prevent future injuries.Offering a proven alternative to invasive surgery, Dr. Vad's Back Rx provides. As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates.

**Back Rx: A 15-Minute-a-Day Yoga- and Pilates-Based Program ...**  
There are three series of Back Rx exercises to heal and strengthen your back. Each series takes fifteen minutes to complete and should be done three times a week for eight weeks on average. Series A alone will get you moving pain-free again after an acute low back injury.

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Back Rx : A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Fully Updated and Revised Average Rating: ( 0.0 ) out of 5 stars Write a review Vijay Vad, M.D.

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Back Rx: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain • The best overall eating regimen for back pain sufferers, including new guidance on the science of Intermittent Fasting... • Exercise, including high-intensity interval training (HIIT). • The use of medical marijuana ...

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