

What Has Dr. Shook Been Reading?

The BackSmart Fitness Plan

By Adam Weiss, D.C.

(original review 022006)

Adam Weiss begins with the story of how he was an active kid and an athlete in high school. A natural at baseball and martial arts he also ran and lifted weights. Then one day (I'll cut the story short) a football coach encouraged him to lift way too much weight and he ruptured a disc in his young back. After years of back pain, Adam Weiss eventually finds pain relief from a combination of exercise and chiropractic treatment. He regains his strength, flexibility and is able to again compete in martial arts. Adam Weiss becomes a chiropractor and after a time develops a fitness program to help his patients become pain free, flexible, lean, healthy and strong.

The BackSmart Fitness Plan is a tool and a home guide for improving back health and healing back injuries. The stretching routines are well illustrated with instructions that address beginning and advanced flexibilities. To strengthen abdominal muscles a routine of modified Pilates exercises is recommended as well as the use of a medicine ball. To improve balance there is a series of exercises using the Swiss Ball. Free weights are recommended for the home exerciser, weight machines for the gym enthusiast. It is not about how much weight you can lift or how far you can stretch, it is about the use of correct form, breathing and controlled movement to achieve a body that is strong, flexible, well balanced and pain free.

To complete the transition from achy breaky body to lean, limber and loose, Dr. Weiss offers a few simple eating tips. Tips such as, clean out your refrigerator each week so the fresh foods don't rot, keep a food diary, eat a new food each week, choose more healthful foods, less processed food and (my favorite) eat for your heart during the week and your stomach on the weekend (fudge brownies anyone?).

I thought the plan looked good but was concerned about some of the positions putting stress on knees and hips. So I took off my shoes, laid *The BackSmart Fitness Plan* open on the floor and gave "The BackSmart Daily Dozen" (stretches) a try. I was pleasantly surprised none of my body parts hurt, not even that old knee injury that bothers me in the cold, nor my sacroiliac that sometimes goes caterwampus. All I felt was a warm glow and a desire to try again tomorrow.

While no one physician, book, video or plan can provide all the answers or solve all the mysteries of back pain. *The BackSmart Fitness Plan* could be an excellent tool for someone willing to put a little time and effort into taking care of their body.

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