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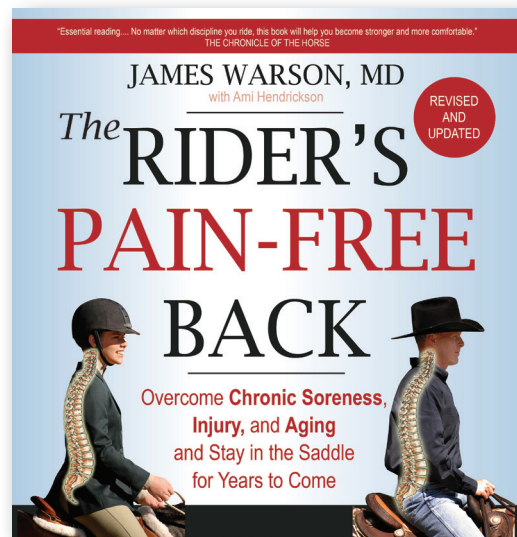
THE RIDER’S PAIN-FREE BACK

Overcome Chronic Soreness, Injury, and Aging and Stay in the Saddle for Years to Come

JAMES WARSON, MD, with AMI HENDRICKSON

Trafalgar Square Books is pleased to announce the release of a new edition of *The Rider’s Pain-Free Back* by James Warson, MD, with Ami Hendrickson.

Dr. James Warson—a neurosurgeon and lifelong horseman—says that over 90 percent of the population seeks help for back pain at one point or another during the course of life. If you’re a horseperson, back pain is of particular concern, since everything you do on and around horses demands a supple, strong, healthy back: riding itself, grooming, tacking up, stacking hay bales, even pushing a wheelbarrow. This book provides all the practical information needed to understand the diagnosis, treatment, and pain management related to a rider’s back problems, whether they are inherited or caused by riding, trauma, illness, posture, pregnancy, or aging. Dr. Warson breaks down the physics of movement and explains how combining two separate bodies—human and horse—creates additional sources of potential back strain and injury. Traditional and alternative treatments are discussed, and Dr. Warson includes step-by-step instructions for a do-it-yourself physical therapy plan that will not only help those already dealing with back pain, but more importantly, promises to improve rider flexibility and strength, preventing the onset of a problem. This new paperback edition features updates throughout, including a special section on riding after hip and knee replacement surgery.



JAMES WARSON, MD (ret) began neurosurgery practice in Lexington, Kentucky in 1974. He devoted the majority of his practice to spine surgery, and diseases of equestrians caused or aggravated by riding were his field of expertise. In 1984, Dr. Warson established J & J Farms, where he bred, trained, exhibited, and sold multiple Grand National and World Champion Morgan horses. Today Dr. Warson is based in Fairfax, Virginia, where he is the Mid-Atlantic Medical Director for the Medeval Corporation and serves as Medical Director for Rider Health and Safety with the Western Dressage Association of America. He consults with the US Para-Equestrian Association, NCAA, and American Morgan Horse Association, and is a life-certified horse appraiser. Dr. Warson

is a diplomate of the board of Neurological Surgery and a retired Fellow of the American College of Surgeons.

“Essential reading.... No matter which discipline you ride, this book will help you become stronger and more comfortable.”

—THE CHRONICLE OF THE HORSE

192 pp • 8½ x 9 • 147 color and b&w photos, 12 illustrations • 978 1 57076 933 7 • \$24.95 pb

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