

**Fixing You: Back Pain 2nd Edition: Self-Treatment For
Back Pain, Sciatica, Bulging And Herniated Discs,
Stenosis, Degenerative Discs, And Other Diagnoses. By
Rick Olderman**



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A. Kneel on a folded towel; tuck feet under so you're on your toes. Sit back, hips on heels. B. Untuck so tops of toes are on floor, feet perpendicular to floor.

Rick Olderman (author of fixing you) - goodreads

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