

# Download The Amazing Tennis Ball Back Pain Cure

I made the decision over 8 years ago that I was not going to live by my physician's suggestions. After my ruptured disc diagnosis, I spent the next 6 years of my life researching and experimenting on my own body in search of a cure for my chronic back pain. Great comments! By chance I came to hear of the Flexbar and it has been awesome. Started playing tennis a year ago and decided that I was going to play with a "one-handed backhand." Dear Anon, Poor posture is to blame for a lot of back, neck and head pain and other problems, too. You end up in the same curled up position? Do you mean fetal position? Avoid Back Pain With Supportive, Flexible Shoes. High heels, flats, toning shoes, and flip flops are all shoes to avoid if you have back pain. Instead, you should invest in supportive, flexible shoes that cushion your feet as you walk.