

Mike Westerdal and Rick Kaselj claim that they have created a unique 3-step method that they are calling '4 Tactics to Eliminate Back Pain' or Fix My Back Pain that no one else will tell people about has the caught attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Fix My Back Pain is the masterpiece of Mike Westerdal, in conjunction with tactics that were taught to him by injury specialist and exercise physiologist, Rick Kaselj, MS. If you think about it, realizing that you need to re-align your spine and muscle tone through exercise makes perfect sense," reports Stevenson. "You get a complete video course that gives you all the information you need to reshape your back, as well as injury specific exercises. Fix My Back Pain has been proven to work with all types of back issues, such as sprains, strains, disc herniation and bulges, sciatica, spinal stenosis, spondylolysis and many other conditions."

Fix My Back Pain is based on the following four strategies: 'If you're sitting down, get up and do this exercise,' 'Don't get stuck in the vicious back pain cycle,' 'Deal with the root of the problem, not the symptoms, and 'Reshaping your lower back can actually be easy.' The number one exercise that can alleviate back pain is the standing back extension, which has proven beneficial for around 95% of people with back pain. Stretching and strengthening won't work until the lower back has been reshaped into a pain free lumbar spine. The Back Reshaping 3-Part Method has been invented by Kinesiologist, Rick Kaselj, MS, a guy with a Master's Degree in Exercise Science and over 16 years of proven, hands on experience in back pain.

"Unlike orthodox medicine and treatments, there's no need for expensive treatments or going under the knife to fix the problem once and for all. Not just a way of masking pain, Fix My Back Pain is intended to do exactly what it says in the title and fixes the problem for good," says Stevenson. "The exercises and methods work 100% naturally with your body to re-align your spine, sort out your muscle tone and get you back to workout strength once and for all. Fix My Back Pain will get to the root of the problem, leaving you free to indulge in whatever sport it is that you love. It can sort lingering issues that you might've been putting up with for years."

"Fix My Back Pain is a brand new product that's been released by fitness guru Mike Westerdal. If you've ever wondered how some people can train week in, week out without any type of back injury, then apparently this is the way they do so. If you've ever suffered the discomfort, pain or downright agony (depending on where you are in the back pain cycle) of lower back pain, then Fix My Back Pain could have been designed specifically for you. It doesn't matter if you're young or old, male or female, fit or unfit – this method is designed, in simple terms, for the human body. Even if you've never been that worried about your back, nor suffered serious pain, then you'll still be likely to benefit from the methods shown in Fix My Back Pain."

Those wishing to purchase Fix My Back Pain review or for more information, click here.

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