

# pool exercises for back strengthening

**pool exercises for back strengthening** offer a highly effective and low-impact way to improve spinal stability, enhance posture, and reduce back pain. Utilizing the buoyancy and resistance of water, these exercises help engage core muscles and back extensors without imposing excessive stress on the joints. This article provides a comprehensive overview of various aquatic workouts specifically targeted at back strengthening, detailing their benefits and proper techniques. Whether recovering from an injury or aiming to prevent back problems, integrating pool exercises into a fitness routine can significantly improve muscle balance and flexibility. The following sections will cover the benefits of aquatic therapy for the back, essential warm-up exercises, a detailed guide to specific pool workouts, safety considerations, and tips for maximizing results.

- Benefits of Pool Exercises for Back Strengthening
- Warm-Up Exercises in the Pool
- Effective Pool Exercises for Back Strengthening
- Safety and Precautions
- Maximizing Results with Pool Workouts

## Benefits of Pool Exercises for Back Strengthening

Engaging in pool exercises for back strengthening delivers unique advantages compared to traditional land-based routines. The buoyant nature of water reduces the gravitational pull on the spine, allowing individuals with back pain or mobility issues to perform movements more comfortably. This environment decreases joint compression and minimizes the risk of injury while promoting muscle activation. Resistance from water provides a gentle yet effective form of strength training that enhances muscular endurance in the back and core muscles. Additionally, aquatic exercises help improve flexibility, balance, and circulation, all of which contribute to a healthier spine and improved posture.

## Reduced Impact and Joint Stress

Water's buoyancy supports body weight, significantly lowering the impact on spinal discs and vertebrae during exercise. This reduced stress benefits people suffering from conditions like herniated discs, arthritis, or chronic back pain, enabling them to exercise safely without exacerbating symptoms.

## **Improved Muscle Engagement**

The natural resistance of water forces muscles to work harder during movements, promoting better engagement of key stabilizing muscles in the back. These muscles include the erector spinae, latissimus dorsi, and multifidus, which are essential for maintaining spinal alignment and preventing injury.

## **Enhanced Flexibility and Range of Motion**

Aquatic exercise allows for greater ease of movement, encouraging stretching and flexibility improvements in the lower back and surrounding muscles. This increased range of motion helps reduce stiffness and supports long-term spinal health.

## **Warm-Up Exercises in the Pool**

Proper warm-up routines are essential before performing pool exercises for back strengthening to prepare muscles, increase blood flow, and reduce injury risk. Warm-ups in water should focus on gentle movements that gradually activate the back and core muscles while promoting joint mobility.

## **Water Walking**

Walking slowly through waist-deep water activates multiple muscle groups and improves circulation. It gently warms the spine and surrounding muscles while allowing easy movement due to water buoyancy.

## **Arm Swings and Circles**

Performing arm swings and circular motions while standing in the pool engages the upper back and shoulder muscles. This helps loosen the thoracic spine and upper back, areas critical for posture and spinal support.

## **Pelvic Tilts**

Pelvic tilts in water help activate the lower back and abdominal muscles. Standing with feet shoulder-width apart, gently tilt the pelvis forward and backward to engage core stabilizers and improve lumbar mobility.

# Effective Pool Exercises for Back Strengthening

A variety of targeted exercises can be performed in the pool to strengthen the back muscles effectively. These exercises utilize water resistance to build strength, improve endurance, and enhance spinal stability without harsh impact on the body.

## 1. Pool Back Extensions

This exercise focuses on strengthening the erector spinae muscles along the spine. Stand in chest-deep water with feet shoulder-width apart. Extend the arms forward and slowly lean backward from the hips, keeping the back straight. Return to the starting position and repeat. The water resistance challenges the back muscles gently during the movement.

## 2. Flutter Kicks

Flutter kicks engage the lower back and core muscles. Holding onto the pool edge or a flotation device, extend the legs straight out behind while floating horizontally. Kick the legs up and down in a controlled manner, maintaining steady breathing. This exercise strengthens the lumbar region and improves endurance.

## 3. Standing Rows

Using water as resistance, standing rows can help develop upper back strength. Hold water dumbbells or simply use cupped hands. Extend the arms forward and pull elbows back, squeezing shoulder blades together. This movement targets the rhomboids and trapezius muscles vital for a strong upper back.

## 4. Side Leg Raises

Side leg raises in the pool strengthen the oblique muscles and lateral stabilizers of the spine. Stand near the pool wall for balance. Lift one leg sideways against water resistance, hold briefly, and lower. Repeat on both sides to improve muscular balance and spinal support.

## 5. Water Plank

Performing a plank in the water challenges the core and back stabilizing muscles. Place forearms on the pool edge and extend the body horizontally, keeping the spine neutral. Hold the position, engaging the abdominal and back muscles to maintain stability against water movement.

# Sample Pool Back Strengthening Routine

1. Warm-up with 5 minutes of water walking and arm swings
2. 3 sets of 10 pool back extensions
3. 3 sets of 20 flutter kicks
4. 3 sets of 12 standing rows
5. 3 sets of 15 side leg raises per side
6. Hold water plank for 30 seconds, repeat 3 times

## Safety and Precautions

While pool exercises for back strengthening are generally safe, it is important to follow certain precautions to prevent injury and maximize benefits. Consulting a healthcare provider before starting any new exercise regimen is recommended, especially for individuals with existing back conditions.

## Proper Pool Depth and Temperature

Select a pool depth that allows comfortable movement without excessive strain; waist to chest-deep water is ideal. Water temperature should be warm enough to relax muscles but not so hot as to cause fatigue or dizziness.

## Gradual Progression

Start with gentle movements and gradually increase intensity and duration as strength improves. Avoid sudden or jerky motions that could strain the back muscles.

## Use of Supportive Equipment

Floats, water dumbbells, and pool noodles can provide added support and resistance, making exercises safer and more effective. Using these tools helps maintain proper form and reduces the risk of overextension.

## **Recognizing Signs of Overexertion**

Stop exercising immediately if sharp pain, dizziness, or unusual discomfort occurs. Monitor the body's response to aquatic workouts and adjust accordingly to prevent injury.

## **Maximizing Results with Pool Workouts**

To achieve optimal outcomes from pool exercises for back strengthening, consistency and proper technique are essential. Incorporating these exercises into a regular fitness routine promotes lasting improvements in back health and function.

## **Frequency and Duration**

Engage in pool back strengthening exercises at least three times per week for 30 to 45 minutes. This frequency supports muscular adaptation and endurance without causing overuse.

## **Combining with Land-Based Exercises**

Complement aquatic workouts with land-based stretching and core strengthening exercises. This comprehensive approach enhances overall spinal support and functional mobility.

## **Maintaining Proper Posture**

Focus on maintaining spinal alignment during all pool exercises. Proper posture maximizes muscle engagement and reduces the risk of strain.

## **Tracking Progress**

Regularly assess strength, flexibility, and pain levels to gauge improvement. Adjust exercise intensity and variety to continue challenging the back muscles effectively.

## **Frequently Asked Questions**

### **What are the benefits of pool exercises for back strengthening?**

Pool exercises provide low-impact resistance that helps strengthen back muscles without stressing the

joints, improving flexibility, reducing pain, and enhancing overall back health.

## **Which pool exercises are most effective for strengthening the lower back?**

Effective pool exercises for the lower back include water walking, leg lifts, flutter kicks, and back extensions performed in waist-deep water to engage and strengthen lower back muscles.

## **Can pool exercises help with chronic back pain?**

Yes, pool exercises can alleviate chronic back pain by promoting gentle strengthening and stretching of the back muscles in a buoyant environment that reduces pressure on the spine.

## **How often should I do pool exercises to strengthen my back?**

For optimal results, it is recommended to perform pool exercises for back strengthening 3 to 4 times per week, allowing rest days for muscle recovery.

## **Are pool exercises suitable for people with herniated discs?**

Pool exercises are generally safe and beneficial for individuals with herniated discs as the water's buoyancy reduces spinal pressure, but it is important to consult a healthcare professional before starting any exercise program.

## **What equipment can enhance back strengthening exercises in the pool?**

Using equipment like water dumbbells, resistance gloves, kickboards, and flotation belts can increase resistance and support proper form during pool exercises for back strengthening.

## **How do pool exercises compare to traditional gym workouts for back strengthening?**

Pool exercises offer a low-impact alternative to traditional gym workouts, reducing joint strain while still providing effective muscle resistance, making them ideal for rehabilitation and those with mobility issues.

## **Can beginners safely perform back strengthening exercises in the pool?**

Yes, beginners can safely perform back strengthening exercises in the pool as the water supports body weight, reduces injury risk, and allows gradual progression under proper guidance.

## Additional Resources

### 1. *Water Workouts for a Stronger Back: Pool Exercises to Relieve Pain and Build Strength*

This book offers a comprehensive guide to aquatic exercises specifically designed to strengthen the back and alleviate pain. It includes step-by-step instructions, illustrations, and tailored routines suitable for different fitness levels. The low-impact nature of water workouts makes it ideal for those with back issues or arthritis.

### 2. *Aquatic Therapy for Back Health: Effective Pool Exercises to Improve Posture and Flexibility*

Focusing on therapeutic movements, this book explores how water resistance can enhance back muscle strength and flexibility. It provides detailed exercise plans that promote better posture and reduce stiffness. Readers will find helpful tips on how to safely perform each exercise in a pool environment.

### 3. *Strengthen Your Core and Back with Pool Fitness: A Beginner's Guide*

Designed for beginners, this guide introduces easy-to-follow pool exercises that target the core and back muscles. It emphasizes building a strong foundation to support spinal health and prevent injuries. The book also discusses how aquatic workouts can improve overall mobility and balance.

### 4. *Hydrotherapy for Back Pain Relief: Pool Exercises to Restore Mobility*

This resource delves into hydrotherapy techniques aimed at reducing back pain and restoring mobility through gentle aquatic exercises. It combines scientific explanations with practical routines to help readers manage chronic back conditions. The book is suitable for both patients and therapists.

### 5. *Poolside Pilates for Back Strength: Aquatic Pilates Moves to Enhance Stability and Endurance*

Blending Pilates principles with water-based workouts, this book introduces exercises that strengthen the back and improve core stability. It highlights how the buoyancy of water can reduce strain while increasing endurance. The routines are adaptable for various skill levels and rehabilitation stages.

### 6. *Back Strengthening Aquatic Exercises: A Step-by-Step Guide to Pool Fitness*

This step-by-step manual presents a variety of aquatic exercises targeted at strengthening the muscles supporting the spine. It features clear illustrations and modifications for different abilities. The book emphasizes consistency and progression to achieve long-term back health.

### 7. *Water Resistance Training for a Healthy Back: Pool Workouts to Build Muscle and Prevent Injury*

Focusing on resistance training in water, this book explains how to use pool workouts to build back muscle strength and prevent injury. It covers the science behind water resistance and offers practical exercise routines. The book also provides guidance on integrating aquatic training with other fitness activities.

### 8. *Aquatic Exercise for Spinal Stability: Pool-Based Workouts to Enhance Back Strength and Balance*

This book highlights exercises that improve spinal stability and balance through aquatic movements. It targets key muscle groups supporting the back and promotes functional fitness. The author includes safety tips and advice for adapting exercises to individual needs.

## 9. *The Complete Guide to Pool Exercises for Back Rehabilitation*

Ideal for those recovering from back injuries, this guide covers a wide range of pool exercises aimed at rehabilitation and strengthening. It includes expert recommendations on exercise frequency, intensity, and progression. The book is a valuable resource for patients, caregivers, and fitness professionals.

## **Pool Exercises For Back Strengthening**

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**pool exercises for back strengthening: Football Fitness and Conditioning** Vladimir Vuksanovikj, 2023-11-07 This book is intended for those who want to work on improving the fitness and conditioning of football players. The contents are written, above all, for the needs of the fitness coaches (strength and conditioning / performance coaches) in football/ soccer, but the needs of the head and assistant coaches have also been covered. This book is a particularly useful tool for coaches working with young categories of football players. The principles for fitness (and conditioning / performance) training are similar for different categories of players, professional (adults) / young players. The following contents, through examples and programmes, explain the principles of the processes of training and transformation of Human Motor Abilities (HMA), which are predominantly recognisable in the football game, and which affect the improvement of the general and specific fitness of football players. For us, as authors of this book, our goal is, through these contents, to enable the coaches to independently understand and set up transformation of Human Motor Abilities in the form of fitness and conditioning trainings. The trainings described are examples of good practice (based on science). After reading the contents of this book, the coach should be able to develop one's own plan and programme for each kind of training. The future fitness and conditioning training plan should be a flexible plan and should follow the changes that occur in the players; it should be dynamic and adaptable according to the respective conditions. Topics covered: PRE-SEASON PLAN | TRANSFORMATION OF HUMAN MOTOR ABILITIES |



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**pool exercises for back strengthening:** Rothman-Simeone The Spine E-Book Harry N. Herkowitz, Steven R. Garfin, Frank J. Eismont, Gordon R. Bell, Richard A. Balderston, 2011-02-10 Rothman-Simeone The Spine helps you achieve optimal outcomes in the clinical practice of spine surgery in adults and children. Drs. Harry N. Herkowitz, Steven R. Garfin, Frank J. Eismont, Gordon R. Bell, Richard Balderston, and an internationally diverse group of authorities help you keep up with the fast-paced field and get the best results from state-of-the-art treatments and surgical techniques, such as spinal arthroplasty and the latest spinal implants and equipment. An all-new full-color design and surgical videos online at [www.expertconsult.com](http://www.expertconsult.com) make this classic text more invaluable than ever before. Get the best results from the full range of both surgical and non-surgical treatment approaches with guidance from the world's most trusted authorities in orthopaedic spine surgery. Find important information quickly through pearls, pitfalls, and key points that highlight critical points. Watch experts perform key techniques in real time with videos, on DVD and online, demonstrating minimally invasive surgery: SED procedure; thorascopic techniques; lumbar discectomy; pedicle subtraction osteotomy (PSO); C1, C2 fusion; intradural tumor; cervical laminoforaminotomy; and much more. Apply the newest developments in the field thanks to expert advice on minimally invasive surgery, spinal arthroplasty and the latest spinal implants and equipments. See procedures clearly through an all new full-color design with 2300 color photographs and illustrations placed in context. Access the fully searchable contents of text online at [www.expertconsult.com](http://www.expertconsult.com).

**pool exercises for back strengthening: Diet for a Pain-Free Life** Harris H. McIlwain, Debra Fulghum Bruce, 2012-02-15 Do you wake up each morning aching with joint or muscle pain and have trouble falling asleep at night? Have you been trying to lose stubborn belly fat and extra pounds for years? Do you wish you could be active without pain medications? And did your pain and weight increase once you hit middle age? Look no further: Diet for a Pain-Free Life is the simple-to-follow, doctor-designed solution to improve your health. As a leading rheumatologist, Dr. Harris McIlwain has spent more than 20 years studying the overweight-inflammation-chronic pain connection. Now, he shares his revolutionary prescriptions in this proven lifestyle plan that will help you drop pounds and decrease pain at the same time. Learn the secrets of how to: Eat well and lose weight—even if you have never been able to succeed on a diet before Exercise your pain away—even if you dislike traditional exercise, or if your pain makes movement difficult Stop the stress-pain connection—even if you're overworked and easily stressed Improve the quality of your sleep—even if you suffer from insomnia or other sleep conditions Those who have followed Dr. McIlwain's program have been able to resume the activities they love and transform their lives in as few as 21 days—now you can too. With meal plans and dozens of delicious recipes and snacks to keep you satisfied all day long, this program is your essential resource for maximum weight loss and pain relief for life.

**pool exercises for back strengthening: Free Yourself from Back Pain** David F. Fardon, 1984

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**pool exercises for back strengthening: Make the Pool Your Gym, 2nd Edition** Karl Knopf, 2023-05-02 Make a splash in your fitness journey with this easy-to-use, step-by-step guide to pool aerobics from best-selling fitness author Dr. Karl Knopf. Once used primarily for rehabilitation and exercise for seniors, water exercise has been proven to build strength, improve cardiovascular fitness and burn calories for people of all ages—all without the strain and trauma of land-based activities. With step-by-step instructions and clear photos, this flexible training tool will introduce you to the no-impact, total-body benefits of water exercise, including: Improving muscular strength Increasing flexibility Enhancing cardiovascular fitness Alleviating pain Rehabilitating injuries And more! Whether you're a non-swimmer, an elite athlete, or someone with a chronic condition, Make

the Pool Your Gym shows how to create an effective and efficient workout best suited to your needs.

**pool exercises for back strengthening: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book** Chadwick Prodromos, Charles Brown, Freddie H. Fu, Anastasios D. Georgoulis, Alberto Gobbi, Stephen M. Howell, Don Johnson, Lonnie E. Paulos, K. Donald Shelbourne, 2007-12-27 Master the very latest clinical and technical information on the full range of anterior cruciate ligament reconstruction techniques. Both inside the remarkably user-friendly printed version of this Expert Consult title and on its fully searchable web site, you'll find detailed coverage of hamstring, allograft and bone-tendon-bone (BTB) ACL reconstruction (including single versus double bundle techniques), and hamstring graft harvesting; plus fixation devices, rehabilitation, revision ACLR surgery, and much more! A dream team of ACL surgeons provides the advanced guidance you need to overcome the toughest challenges in this area. A comparison of the full range of graft options for ACL reconstruction makes it easier to choose the best approach for each patient. State-of-the-art information on the latest principles and technical considerations helps you avoid complications. 'How to' principles of post-op rehabilitation and revision ACL surgery optimize patient outcome. Access to the full contents of the book online enables you to consult it from any computer and perform rapid searches. Also available in an upgradeable premium online version including fully searchable text PLUS timely updates.

**pool exercises for back strengthening: Heal Your Hips, Second Edition** Lynda Huey, Robert Klapper, 2015-10-13 The first comprehensive guide to hip health—avoid injury, prevent deterioration, work out in water and on land, and understand the entire range of surgical options. Once considered a natural consequence of aging, hip disorders can be reduced or eliminated altogether by innovative exercise regimens. Heal Your Hips explores an unprecedented range of preventive options you can take today to avoid hip injury and improve your hip health—including wonderful water and land exercises and intensive stretching. Numerous photos help you understand the structure and function of your hips, and dozens of photographs clearly demonstrate how to do the exercises. If indeed hip surgery is in your future, Heal Your Hips provides vital new information on several little-known, minimally invasive forms of surgery as well as straightforward coverage of traditional replacement surgery. You'll learn what to expect with hip surgery—from preparing for the procedure to the day of the operation to returning home and recovering with physical therapy. The practical and long-overdue guidance in Heal Your Hips will be a revelation for the millions enduring the pain of hip deterioration and injury. Whether you or your loved ones are considering hip surgery or have yet to seek medical help, turn first to the indispensable expertise in this optimistic and accessible resource. This new edition will have all new instructional photos throughout the book. New chapters and content offer even more resources for those wanting to strengthen and heal their hips.

**pool exercises for back strengthening: The Three-Strand Cord of Active Relational Christian Mentoring** Vicky Lynn Thomas, 2017-05-09 Although most Christian women wear several hats covering many responsibilities, many have little time to fulfill their desire to be of service to the Lord and others. Have you ever wished that you could do more than you are doing right now for the Lord? Have you ever thought about serving in your church community but nothing seems to fit your time frame or abilities? Whether you are a wife, mother, partner to your spouse, sole breadwinner, or even a career woman, most Christian women have a heart for serving the Lord. However, women often do not know where to start even though they may have a deep longing to serve God and others or to bring Christ's message to those who don't know him. This book will show women the importance of and the ease of engaging in Active Relational Christian Mentoring (ARCM). Through true mentoring stories, the author also explains and demonstrates the importance of Christ being at the center of all mentoring relationships. Having Christ at the center of the braided three-strand cord of mentoring means positive, meaningful, and loving help is there for both the mentor and mentee. The three-strand cord of ARCM also provides a caring and efficient way for Christian women to support, encourage, enlighten, and empower other women through the development of godly mentoring relationships. It is through their personal relationships that women are given the

opportunity to shine the light of Christ on others. You can do it! You can mentor another woman for the Lord!

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**pool exercises for back strengthening: Clinical Application of Neuromuscular Techniques, Volume 2 E-Book** Leon Chaitow, Judith DeLany, 2011-07-05 Clinical Application of Neuromuscular Techniques, Volume 2 - The Lower Body discusses the theory and practice of the manual treatment of chronic pain, especially with regards to the soft tissues of the lower body. Authored by experts of international renown, this highly successful book provides a structural review of each region, including ligaments and functional anatomy, and includes step-by-step protocols that address each muscle of a region. The volume now comes with an EVOLVE site for instructors who can download the full text and images for teaching purposes. - Provides a comprehensive 'one-stop' volume on the treatment of somatic pain and dysfunction - Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions - All muscles covered from the perspective of assessment and treatment of myofascial pain - Describes normal anatomy and physiology as well as the associated dysfunction - Gives indications for treatments and guidance on making the appropriate treatment choice for each patient - Combines NMT, MET, PR and much more to give a variety of treatment options for each case - Describes the different NMT techniques in relation to the joint anatomy involved - Practical step-by-step descriptions provided to make usage easy - Includes acupuncture, hydrotherapies and nutritional support as well as guidance for the patient in the use of self-help approaches - Contains up-to-date evidence based content - Presents the latest research findings underpinning the practice of NMT methodology from differing areas of practice - Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings - Includes access to new video clips presenting practical examples of the NMTs explored in the book

**pool exercises for back strengthening: Laugh Yourself Thin** Melanie W. Rotenberg M.D., Mitch Rotenberg Ph.D., 2010-08-03 For readers seeking scientifically proven methods for permanent weight loss that enable them to still have fun and enjoy their lives, this accessible, entertaining, and humorous book provides valuable insights and ideas. Laugh Yourself Thin: Making Happiness, Fun, and Pleasure the Keys to Permanent Weight Loss argues a unique thesis. Laughter, its physician author proclaims, is the key to losing weight. Losing weight, she goes on to say, will not necessarily lead to happiness, but happiness does lead to weight loss. Offering an approach to weight loss that is grounded in sound medical research, her book shows readers how increasing joy and fun decreases stress and negative emotions—resulting in permanent thinness. Laugh Yourself Thin covers the entire spectrum of weight loss, but pays closest attention to positive attitude and behavior in activity and eating. The first section discusses the relationship of thought and behavior to weight loss, the second deals with the intake of calories, and the third details issues in metabolism and activity. Enriched with healthy doses of funny, true stories, this revolutionary book proves that, when it comes to getting thin, laughter is the best medicine.

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Carefully selected multimodal approach that is tailored to the individual patient is emphasized throughout and illustrated in case scenarios from actual clinical practice.

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**pool exercises for back strengthening: The Mysterious Winging Scapula** Janet Delorme, 2022-01-24 This book was written by a physiotherapist who became the patient. From her unique perspective, Janet Delorme recognized and understood a complex problem that might otherwise go undiagnosed. Do these symptoms sound familiar? \* Cannot tolerate repetitive/forceful arm movement, especially overhead. \* Arm feels "weak" \* Fatigue, shortness of breath, sense of arm "disconnect" or a twisted body \* Pain in shoulder but also in the back, neck, arm or head. These symptoms suggest instability of the chest wall, the most familiar cause of which is long thoracic nerve palsy. With an unstable chest wall, diagnostic tests of the "shoulder" are often negative and complaints of fatigue and shortness of breath are unsubstantiated from a medical perspective. This complex problem will often require patients and therapists to work together. This book was written for both the therapist and the patient. It provides insightful information about this condition and explains how to modify activities and lifestyle to manage symptoms and restore a "new normal". The book also teaches key elements necessary for recovery: movement principles and exercise programs. Not all people recover. Many make a full recovery. Both outcomes are addressed with advice for every step of the recovery process.

**pool exercises for back strengthening: I Have Good News and Bad News** Alnoor Rajan Talwar, 2010-03 Rajan Talwar's book is not simply an individual's journey through the trials of living with Multiple Sclerosis. It is a discourse between a thinking, reflective being with his world. It is a discourse on life, not in any abstract fashion, but in the very real essence of living each day to its fullest. His sense of humour prevails even in his darkest moments of anger and despair, as he punctuates some of the most painful moments of his life with this humour. Every chapter contains a positive lesson from a negative circumstance. The question of self growth for the author is linked to the inexorable condition of the disease that holds him captive. Bousthan Hirji - Dawson College Unique, self-told story of pain, courage and triumph. A candid account of the real turbulences of life. Informative of treatments that the medical profession considers 'Witchcraft' Passionately written. Refreshingly honest, open and sensitive. The author invites us to his world of MS and takes us on an intimate tour of his fears, hopes, despair, strengths. On this tour, we encounter our own innermost being; we find reflected in his world our own world. We find the echoes of our own questions, and we question our responses to the world we all live in. He provides us with the lens through which to view his world and we find that this lens is indeed a reflection of our own world. In this sense his world of MS is indeed our world and MS is then our metaphor for the calamities of our lives. This is one man's journey of coming to terms with his reality and it can only inspire us and help us to come to terms with our own reality. A must read for every thinking, feeling, and struggling person! Zeenat Shariff Aga Khan University

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