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Eliminate chronic back pain! - lower back pain

Dr. Kraus donated his program to the YMCA, which began offering it as *The Y's Way to a Healthy Back*. Under the direction of Alexander Melleby, M.S.,

Lower back pain treatment, back pain exercise

Say Goodbye to Back Pain is based upon the YMCA's Healthy Back Program also known as *The Y's Way to a Healthy Back*. Alexander Melleby, M.S.,

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ALEXANDER MELLEBY, M.S. was the National Director of the "Y's Way to a Healthy Back" program and served in this capacity from 1976 until 1986. He received his M.S. in

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M.D. and Alexander Melleby, M.S. Mr. Melleby was the former National Director of the YMCA's Healthy Back Program known as "The Y's Way to a Healthy Back."

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Qualifications: Former director of health and physical fitness programs for the 33 YMCA's of New York City. The national director of "The Y's Way To A Healthy Back".

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creator of the exercise system presented by the YMCA as The Y s Way to a Healthy Back. Alexander Melleby, M.S., Say Goodbye To Back Pain

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