



# Patricia Raskin

## POSITIVE LIVING SHOW

The Patricia Raskin Show  
Monday at 11 AM Pacific  
October 25th 2021: Dr. Vijay Vad: Back Rx

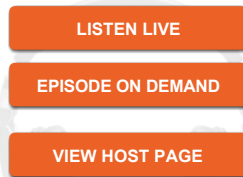
Dr. Vijay Vad's Back Rx program has helped readers with back pain, joint pain, arthritis, and related conditions for decades, using a clinically proven mind-body regimen to reduce painkiller usage. In this expanded edition, Dr. Vad explores the extraordinary innovations in managing pain to restore health and wellness not only to your back, but to your entire body. In addition to the stretches that are the touchstone of the program, Back Rx includes new information on the best overall earing regime, exercise including high-intensity interval training, the use of medical marijuana and C

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### Featured Guest



#### Dr. Vijay Vad

Dr. Vijay Vad is a sports medicine physician at the prestigious Hospital for Special Surgery and is on the faculty of Weill Cornell Medical College, both in New York City. His research focus is on developing simple and effective solutions for back pain and arthritis. He is the former physician for the professional men's tennis tour and the Westchester Classic of the PGA tour. He is also the author of two PBS television specials, Stop Back Pain and Active with Arthritis.

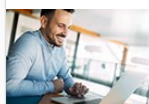
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