

The History of



The Back-care-cise video series (BCC) was created by a professional ballet and modern/jazz dancer turned chiropractor, Dr. Linda Joy Nelson, now Joy Lynn Freeman D.C.,Ph.D.c.



Dr. Nelson had been studying and eventually teaching yoga since 1970. She integrated her years of yoga with her dance background, and then enhanced and refined it with her professional training and experience as a chiropractor to create the Back-care-cise series.

There are 5 videos in the series, Progressing A, B & C, for the entire spine and 2 for specific areas; Neck & Upper Back and Shoulder, Wrist and Elbow, which are described in more detail on the site. The first 3, a set of A,B & C, was originally created in 1987 for chiropractors to administer to their patients. They were so well received that she added a highly specialized video for the Neck and Upper Back.



Later, after certification as a Sports Injury Specialist and ultimately teaching other chiropractors she was asked to create a video for rehabilitation of the Shoulder, Wrist and Elbow. This video is highly unique in that addresses both acute and chronic conditions of these joints of the upper extremity.

The BCC videos popularity among chiropractors and their patients lasted over the years so that only recently they were turned into DVDs. Now they are finally available to you without a prescription from a doctor in both hard copy DVD and MP4 for immediate download.

Dr. Freeman says “doing just a few of the these exercises, which takes me only about 5-10 minutes, done as little as 3 times per week, has been a key ingredient in keeping my body and mind free and healthy for the ripe young age of 59.” (both photos taken in the last year)

The Back-care-cise series is the first offering of health oriented videos, books and media in our eBay store, **Healthy & Free in Body & Mind**. We are starting with videos that will free your *Body* to Free your *Mind*. Come back soon to find more programs that will Free your *Mind* to Free your *Body*.