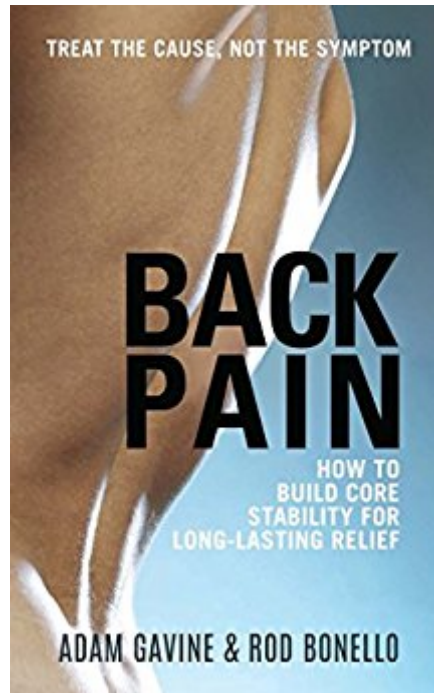




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Back Pain



Synopsis

A self-help guide for sufferers of back pain who want long-lasting relief, with simple exercises which can be done at home. Back pain gets in the way of everything we want to do, and it can stop us sleeping too. It can be difficult to find the right treatment, and expensive to keep visiting a chiropractor, osteopath, physiotherapist, or masseuse. If you are looking for long-lasting relief from your back pain, or trying to avoid back problems, it's essential to treat the cause, not just the symptom. Research shows building your core muscle stability is the most effective way to deal with most forms of back pain. Drawing on their extensive clinical experience and the latest research, this book explains how to find the best possible treatment for one's back and get the most out of treatment. It provides safe exercises that can be done at home to develop and maintain core muscle stability, illustrated by easy-to-follow photographs.

Book Information

File Size: 4237 KB

Print Length: 282 pages

Page Numbers Source ISBN: 1743317123

Publisher: Allen & Unwin; 1 edition (September 1, 2014)

Publication Date: September 1, 2014

Language: English

ASIN: B00NJ6THPG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #451,647 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #94

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #187

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Surgery #308 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

This is an incredibly comprehensive & useful book. Having experienced debilitating lower back pain from time to time, I read a number of books on for information on the causes & the best treatments.

Many of the books I read were helpful, but this book was the only one which was comprehensive in its discussion of anatomy, causes, diagnosis & treatment. I initially borrowed this book from my local library, but it's so good that I had to have my own copy. If you want one book on how to diagnose & fix your back pain, this is the best book available.

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