

[Download free ebook] *Back Pain: A Handbook for Sufferers*

Back Pain: A Handbook for Sufferers



Back Pain: A Handbook for Sufferers

TR-08229

US/Data/Health-Fitness-Dieting

4/5 From 549 Reviews

Loic Burn, John K. Paterson

*ePub | *DOC | audiobook | ebooks | Download PDF*



This handbook gives practical advice about how to reduce your chances of suffering from back pain. For the reader who is already a sufferer, exercises are given to reduce pain and strategies outlined for managing the problem. Using both conventional and complementary approaches, the authors show how back-pain sufferers can take charge of their problem and talk to the professionals as equals. The medical jargon is demystified through a comprehensive glossary and readers are encouraged to ask que ...