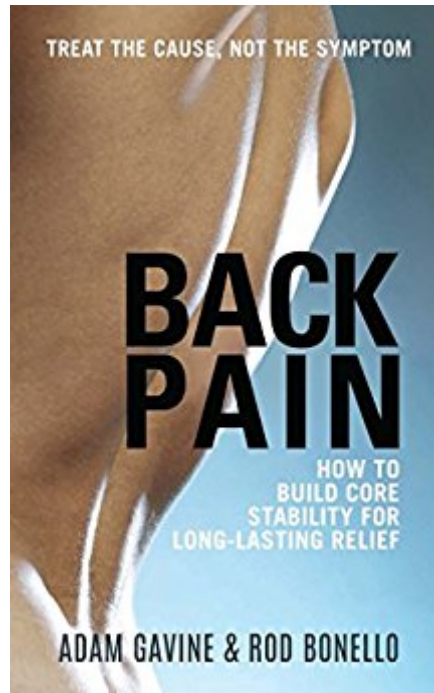




The book was found

# 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

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## 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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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Back Pain: How to Relieve Low Back Pain and Sciatica MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method How to Deal With Back Pain and Rheumatoid Joint Pain Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life

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