



The Back Sufferers Pocket Guide (Paperback)

By Sarah Key, Vicky Roberts

Ebury Publishing, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Back pain is extremely common - about eight in 10 people in the UK are affected at some time in their lives. In the majority of cases, the cause of back pain can be linked to the way the bones, muscles and ligaments in the back work together. With advice on back pain management, the role of medication, the use of bed rest and how to return to work, this handy, pocket edition of Sarah Key s bestselling Back Sufferers Bible outlines the five stages of spine breakdown and includes an easy exercise programme to help you deal with your individual pain. Whether you are confined to bed with acute back pain or have less severe back problems, but still have to cope with back pain or discomfort on an everyday basis, this straightforward self-help guide will help you to cure your back problems quickly.



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