



The Good Back Guide

By Barrie Savory

Cornerstone. Paperback. Book Condition: new. BRAND NEW, The Good Back Guide, Barrie Savory, More than 60 per cent of the UK's population report regular back pain with the amount of working time lost, in the region of 119 million days a year. Not everyone has the time - or money - to visit chiropractors or osteopaths. Barrie Savory is one of Britain's leading osteopaths and draws on his many years of research, teaching and practise to provide an easy to follow guide to how we can all protect our backs and, if the damage has already been done, treat injuries and prevent further strain. Savory looks at the way in which we, as human beings, put our bodies through a series of potentially harmful positions as we go about our daily lives - from the way we get out of bed in the mornings, travel to work, sit at our desks, carry our shopping, watch TV - not to mention injuries through sex. Full of advice on diet, exercise, posture and relaxation, this guide is also packed with exercises that can be performed safely and easily at home to treat strains and injuries.

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