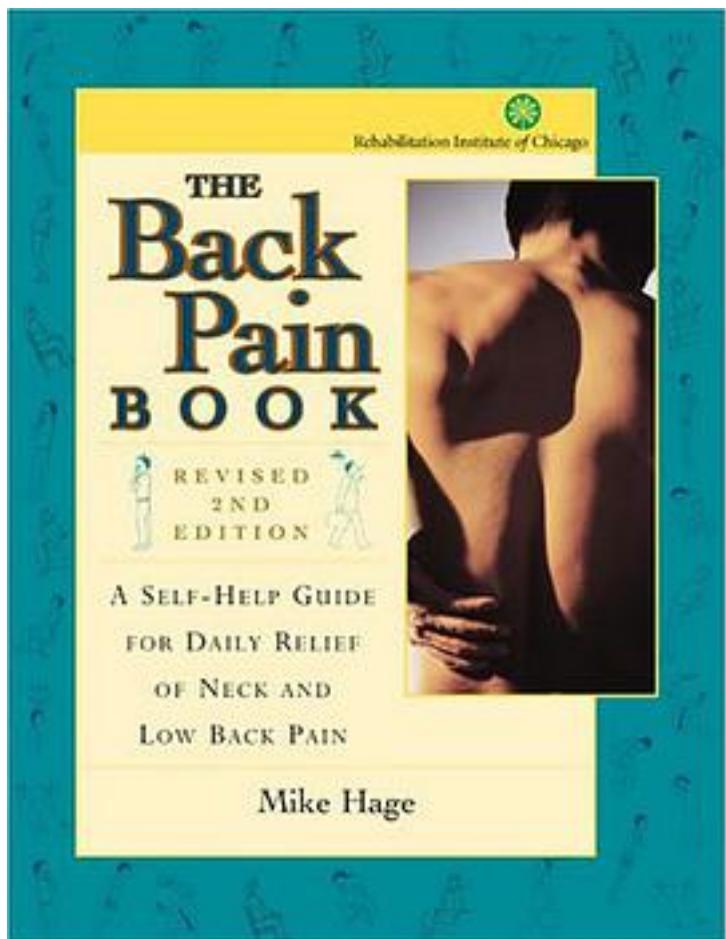


The Back Pain Book



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85 percent of Americans suffer from some type of back pain. Now there's hope-and help-for the sufferer. In THE BACK PAIN BOOK, physical therapist Mike Hage shows you how to take control of your back problems through self-treatment. Instead of

addressing specific medical diagnoses, medications, surgery, or nutritional adjustments, Hage gives guidance on how to use posture and movement to ease, relieve, and prevent your pain. With the help of The BACK PAIN BOOK, you can participate in your own rehabilitation. THE BACK PAIN BOOK includes thorough guidance on how to: ? Achieve quick pain relief ? Heal and prevent pain during all of your daily activities ? Perform all types of exercise, from gentle stretching to vigorous movement THE BACK PAIN BOOK offers user-friendly features such as: ? Hundreds of helpful line drawings ? Clear, easy-to-follow instructions ? Complete cross references to help you locate all treatment procedures for your particular problem

作者介绍:

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