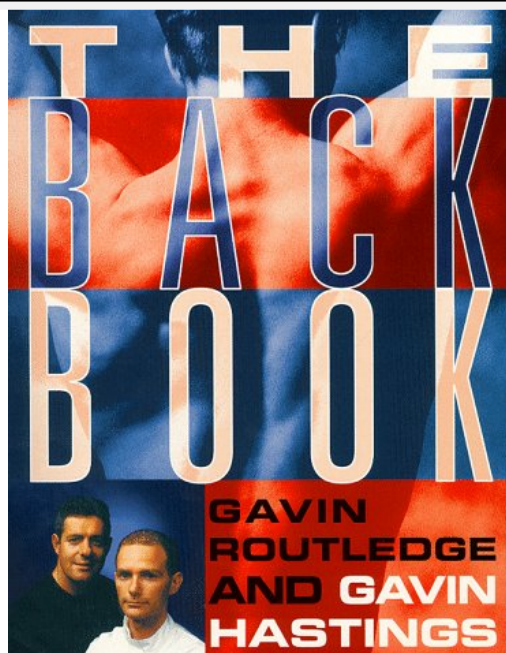

Read The Back Book - eBooks Textbooks



Book detail

- Title : Read The Back Book - eBooks Textbooks
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Book Synopsis

Back pain is a common cause of complaint among the young and old. *The Back Book* is concerned with this ailment, how to understand it and how to relieve suffering. Compiled by an award-winning osteopath and an international Scottish rugby star, the book is a guide for all sufferers of back pain, whether a mild ache or constant, acute discomfort and it provides helpful advice on how to confront pain and live life to the full. The book combines answers to frequently asked questions with a diagnosis of different types of pain. Routledge addresses issues such as how to exercise, how pain is caused and who to ask for medical advice, as well as including a medical diagnosis of different types of injuries and diagrams of the body which pinpoint how muscles, nerves or disks may have been injured. In addition to this, there are many photographs of Gavin Hastings demonstrating Routledge's advice. Hastings, who has endured many bouts of back pain during his career, shows readers how to relax, walk, lie and bend, as well as a variety of exercises intended to relieve pain. By outlining practical advice on back pain, Routledge and Hastings hope that their readers will take steps towards improving their health, reducing the amount of back injuries and subsequent suffering and avoiding unnecessary back pain. --*Alison Taylor*

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[The Back Book: the Best Way to Deal with Back Pain; Get Back Active](#)
