The Back Sufferers Bible (Paperback)

By Sarah Key

Allen Unwin, Australia, 2017. Paperback. Condition: New. 3rd edition. Language: English . Brand New Book. The human spine is not well suited for our way of life and as a result back pain is pandemic - there is hardly anyone who has not been bothered by it at some time. Advanced as we are in other areas of science, with fixing backs we are little further ahead. This book breaks new ground, and is written for sufferers and practitioners alike. In layman s language it charts a new, easy-to-understand model for the way the human spine breaks down, starting off with commonplace and totally reversible conditions (which 90 per cent of us have), and progressing to the more difficult ones. The Back Sufferers Bible describes clearly how each stage of back pain manifests, and sets out a logical course of treatment programs. It explains when you need medication and when you need to rest in bed. It explains all the exercises - how to do them and the common pitfalls with each one. It gives you all the information you need to play an active part in your own treatment. For practitioners, there is a new section of comprehensive source...

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Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).
-- Dr. Everett Dicki DDS