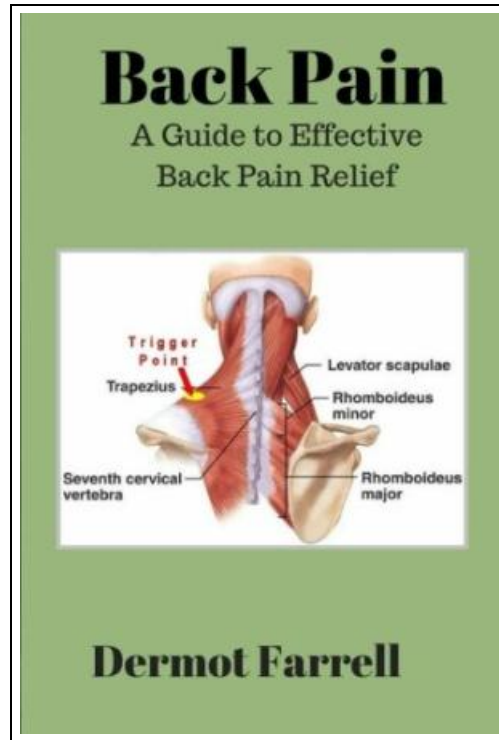


Back Pain: A Guide to Effective Back Pain Relief (Paperback)



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Reviews

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(Prof. Johnson Rutherford)

BACK PAIN: A GUIDE TO EFFECTIVE BACK PAIN RELIEF (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you suffer with back pain? Is your quality of life impaired by back pain? Do you get a bland and unhelpful response from most health professionals? Do you feel like your aging too quickly and don't know what to do about it? Well if you answered positively to most of these questions then you can regard yourself as quite normal, particularly if you are middle aged or elderly. The simple facts of life, for our backs, is that the human back was actually designed for quadrupedal movement, we are not really designed to be bipedal in the first place. Add in some wear and tear and age, a sedentary lifestyle and some age related degeneration and there you go back pain! The nasty thing with back pain is that it's an icky kind of pain which either creeps up when we're not expecting it and suddenly we have chronic back pain whereby we can hardly move at all or it explodes out of nowhere, we get an acute bout of back pain and we can hardly lie down, sit down or even stand up! Back pain is usually not a very serious health condition and most doctors treat it in a lethargic kind of way with a few comments about looking after yourself and a prescription for some pain killers, but the simple reality, for anyone who regularly suffers with back ache, is that it is extremely debilitating! The reason for this is because of the complexity of the muscles in the back and how they relate to each other. We shall take a look at these in us a chapter one, but for now what..



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