



Your Aching Back: A Doctor's Guide to Relief

Augustus A. White

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Three out of five adults will experience significant back pain at some point in their lives, making back pain America's number-one ailment.

At last, Dr. Augustus White, one of the world's leading specialists in back pain and spine-related problems, has revised and updated his trusted and authoritative manual. This definitive edition of *Your Aching Back* offers the latest findings on back ailments and their treatments, giving information on:

- * basic back mechanics
- * the most common reasons for backache and the most likely sufferers
- * the most current diagnostic techniques
- * basic back self-care: nonsurgical and preventive techniques; home treatments
- * surgery: the most up-to-date technology and procedures
- * postoperative care: recuperative techniques and life-style management
- * controlling back pain in the elderly, including spinal stenosis and osteoporosis
- * alleviating back trauma in sports and dance
- * reducing lower back pain to increase sexual activity and enjoyment

This comprehensive manual also includes a glossary of terms, answers to the most commonly asked questions regarding back pain, and predictions on the future of back care. Over 70 black-and-white line drawings illustrate various back conditions and treatments, completing this indispensable book.

Written in a nonintimidating and reassuring tone, *Your Aching Back* is designed to help you take control of your back condition and get *relief*.

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As people who live in the particular modest era should be change about what going on or details even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe will update themselves by studying books. It is a good choice for you but the problems coming to a person is you don't know what one you should start with. This Your Aching Back: A Doctor's Guide to Relief is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

Timothy Bennington:

The reason? Because this Your Aching Back: A Doctor's Guide to Relief is an unordinary book that the inside of the publication waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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Is it a person who having spare time after that spend it whole day by simply watching television programs or just lying down on the bed? Do you need something new? This Your Aching Back: A Doctor's Guide to Relief can be the solution, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

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