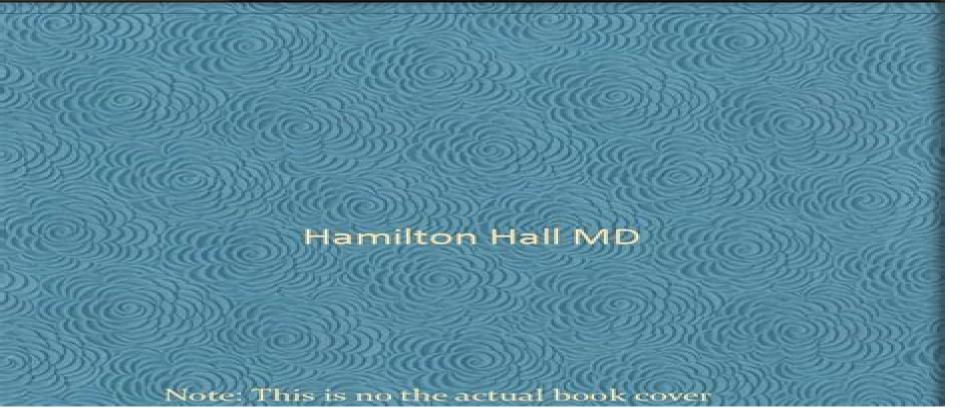
# The Back Doctor; Lifetime Relief for Your Aching Back



# **Back Doctor Lifetime Relief For Your Aching Back**

**Jess Stearn** 

#### **Back Doctor Lifetime Relief For Your Aching Back:**

Your Aching Back Augustus A. White, 2010-06-15 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 The Back Dr. Thompson's New Way for You to Cure Your Aching Back Jess Stearn, 1973 <u>Doctor</u> Hamilton Hall,1980 Building Sound Bones and Muscles Oliver E. Allen, 1981 Acquaints the reader with abnormalities and diseases of the skeletal system medical treatments and causes of sprains strains broken bones and arthritis The Complete Doctor's Healthy Back Bible Stephen Charles Reed, Penny Kendall-Reed, Michael Ford, Charles Gregory, 2004 A practical manual for treating back pain This book summarizes current information on low back pain and provides full coverage of both traditional and complementary therapies with supporting research Making Peace With Chronic Pain Marlene E. Hunter, 2013-10-28 Published in 1996 Making Peace With Chronic Pain is a valuable contribution to the field of Psychiatry Clinical Psychology

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