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End Back Neck Pain

By Robert Watkins

Human Kinetics Publishers. Paperback. Condition: New. 224 pages. If you suffer from back and neck pain, you want answers. You want relief. Now there is one book that brings you both: End Back and Neck Pain. In End Back and Neck Pain, the leading names in back health join together to provide the latest research, professional insights, and proven programs to prevent and relieve pain and discomfort. Youll get straight answers to questions such as these: Why does my back or neck hurt What can I do now to alleviate my discomfort How do I prevent my pain from returning Could I have a serious or debilitating condition Is my doctor properly diagnosing my condition Is surgery really my best option Through a series of questions, youll identify the source of your discomfort and determine the best plan of action for relief. Youll learn how simple lifestyle changes, postural improvements, and stretching exercises can keep that pain from returning. Most important, End Back and Neck Pain takes the fear and uncertainly out of your discomfort and puts you in control of your recovery. Whether this is your first bout with serious pain or a recurring problem, End Back and Neck...



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