



BMA Bad Back Book

By-

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, BMA Bad Back Book, You can take charge of back pain, with exercises to strengthen your back and improve your posture. The BMA Bad Back Book covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. It includes illustrated step-by-step exercises that help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. It features simple, clear diagrams that show the anatomy of your back and neck and specialised sections deal with back pain in specific scenarios such as home, work, driving and gardening. It includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with The BMA Bad Back Book (compact version of The BMA Guide to Back Care ISBN 9781405364294).



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