



# Back Sufferers' Bible

*Sarah Key*

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## **Back Sufferers' Bible Sarah Key**

Providing concise yet comprehensive coverage of why back pain occurs as well as a range of instructions, advice, and exercises to cure its many forms, this analysis encourages patients to actively contribute to their own back-pain management. With a new reference section, this updated handbook clearly shows how each stage of back pain manifests, sets out a logical course of treatment programs, explains when patients need medications or simply rest, and describes curative exercises. Anyone who suffers from back pain or who wants to understand how to manage it will benefit from this essential resource that shows what has gone wrong with the spine and the steps to take and keep the back healthy and pain-free.

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