



The Back Book: the Best Way to Deal with Back Pain; Get Back Active (2nd Revised edition)

By Royal College of General Practitioners, NHS Executive

TSO. Paperback. Book Condition: new. BRAND NEW, The Back Book: the Best Way to Deal with Back Pain; Get Back Active (2nd Revised edition), Royal College of General Practitioners, NHS Executive, Aimed at back pain sufferers, the second edition of this booklet offers evidence-based advice on overcoming back pain through a mixture of activities and positive thinking. It is aimed at doctors and therapists for handing out to their patients as treatment support. The text provides back facts, details the causes of back pain and explains exercises to relieve back pain.

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