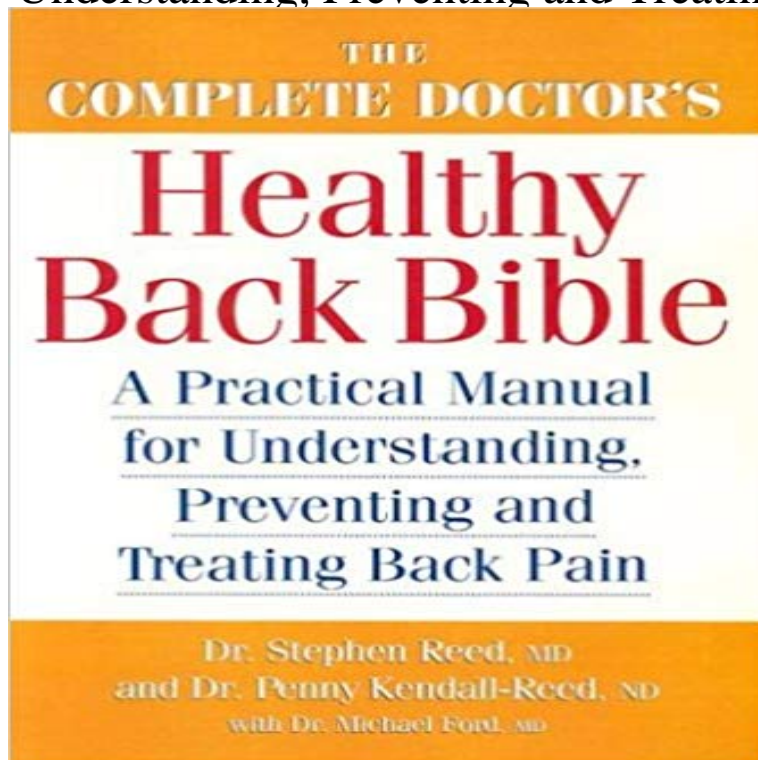


# The Complete Doctors Healthy Back Bible: A Practical Manual for Understanding, Preventing and Treating Back Pain



A practical manual for treating back pain. Nearly 80% of all adults experience low back pain during their lifetime. This painful condition, until recently, has been poorly understood and inadequately managed. Current research, however, has identified pathways and causes for low back pain. Imaging and other diagnostic tests have improved treatment and there have been tremendous advances in minimally invasive interventions and surgery. The Complete Doctors Healthy Back Bible summarizes current information on low back pain, both acute and chronic. It also explains the diagnostic tests now available and most importantly, when they are actually useful. Full coverage of traditional and complementary therapies, with supporting research, is included. Special sections on chronic pain and surgical intervention are covered in an easy-to-understand format. The Complete Doctors Healthy Back Bible offers insight into this condition and suggests diagnosis and appropriate intervention with the many treatment options available.

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