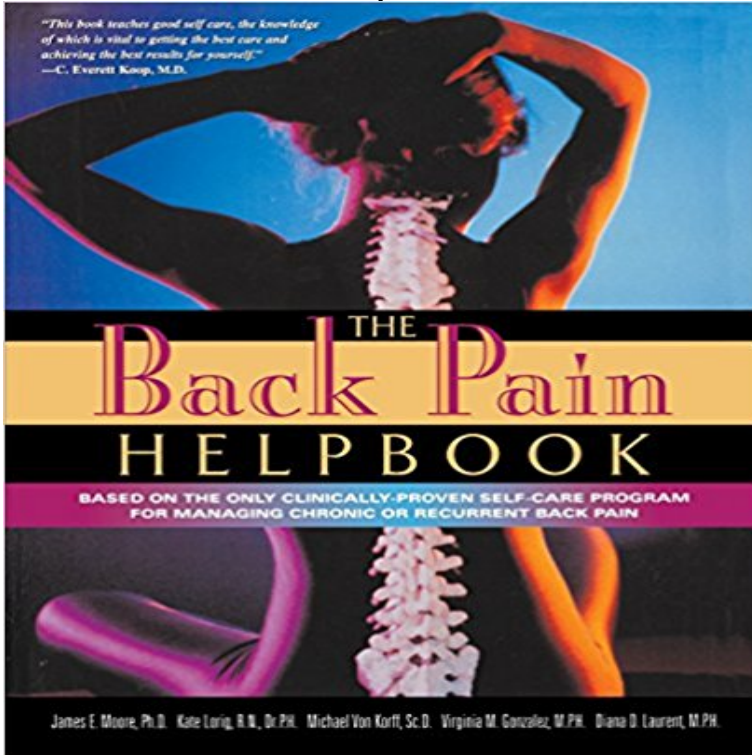


The Back Pain Helpbook



An estimated 8 million Americans require medical care or time off from work because of back pain each year. Despite advances in modern medicine, there is no cure for back pain and the most commonly prescribed remedy for this painful and debilitating condition is long-term self-management. A self-care program for better living, The Back Pain Helpbook includes mind-body methods for relaxation such as breathing and meditation techniques, strategies for combating the depression and fear that often accompany chronic pain, a comprehensive program for fitness including strengthening and stretching exercises, recommendations for prescription and over-the-counter drugs to ease back pain, advice for when to see your doctor and how to get the most out of those visits, tips for engaging in daily activities from sleeping to working to sex, and guidelines for avoiding flare-ups or managing them when they occur.

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