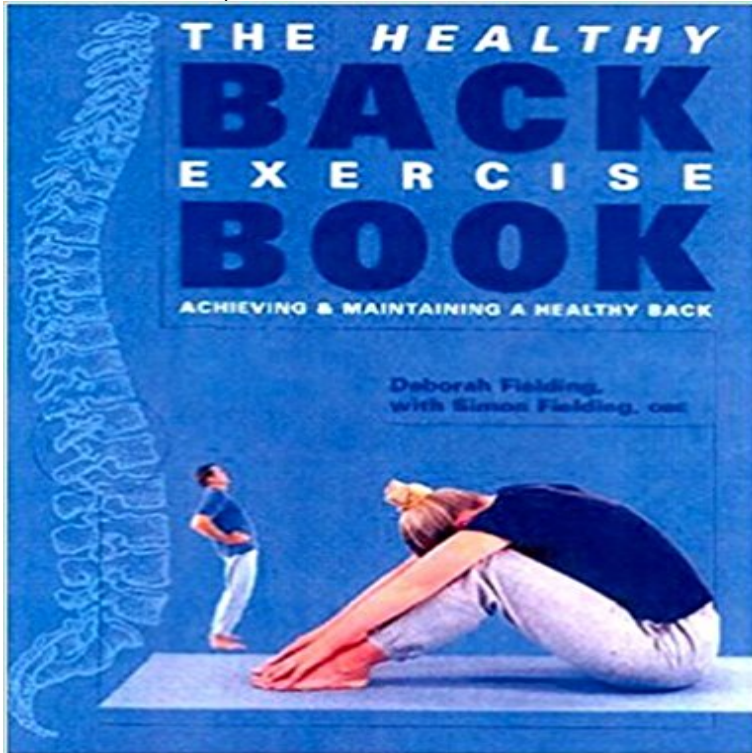


# The healthy back exercise book: Achieving & maintaining a healthy back



Back pain will affect the majority of people at some point in their lives, and so, if you are currently suffering from, or have recently experienced, an episode of back pain you are not alone. Back pain can affect anyone, regardless of age, sex or occupation. Even relatively minor back problems can cause debilitating pain, while severe attacks can have a major impact on your quality of life. The Healthy Back Exercise Book is a practical guide for anyone who has ever experienced back pain. It contains invaluable advice and exercise programmes that can help speed your recovery and prevent problems recurring in the future. With clear step-by-step photography, the book leads you through a series of carefully graded exercise programmes specifically designed to meet your needs and ability. Clear and simple explanations of how the back functions and what can go wrong with it. What steps to take to cope with acute back pain. Structured exercise programmes to suit all ages and abilities. How to design an individual back-care maintenance programme specifically for your needs. Includes exercises for the workplace. Contains advice on relaxation, posture, a healthier lifestyle and how to prevent back problems. Special section on exercises for pregnancy.

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