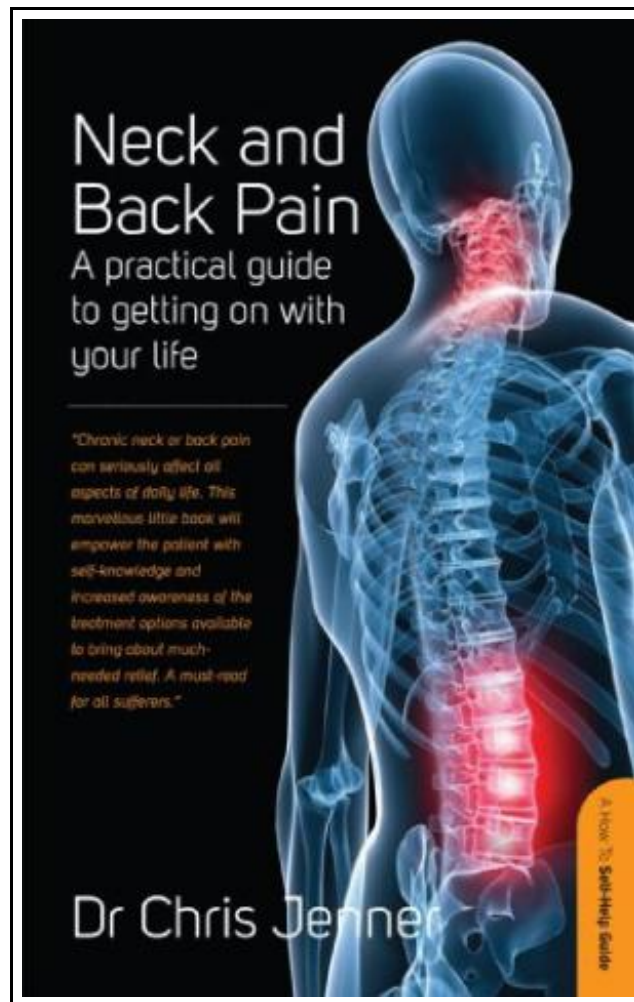


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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Neck and Back Pain: A Practical Guide to Getting on With Your Life, Chris Jenner, Chronic neck or back pain can seriously affect all aspects of daily life. This marvellous little book will empower the patient with self-knowledge and increased awareness of the treatment options available to bring about much needed relief. A must-read for all sufferers." How to manage your Neck and Back Pain by becoming an expert patient. Far from just being the curse of the elderly, neck and back pain affects the majority of the adult population at some point in their lives, as well as huge numbers of children and adolescents. Even in chronic cases, however, it does not have to mean the end of life as you once knew it. With the knowledge contained in this book and the right care, you can regain control and live a happy and productive life. In his reassuringly down-to-earth guide, Dr Chris Jenner describes the many causes of neck and back pain in easily understood laymen's terms. He then explores what it means to live with neck and back conditions in a practical sense, sets out your treatment options, and advises on how you can very greatly reduce your levels of pain and increase your quality of life. Contents: Preface; Part One: Understanding Neck and Back Pain; Part Two: Living with Neck and Back Pain; Part Three: Managing and Treating Neck and Back Pain; Part Four: The Medico-Legal Implications of Neck and Back Problems; Conclusion; Index.



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