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A Guide to Back Pain: Symptoms; Causes; Treatment; Prevention

Katherine Wright

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A Guide to Back Pain: Symptoms; Causes; Treatment; Prevention

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A Guide to Back Pain: Symptoms; Causes; Treatment; Prevention Katherine Wright
An effective guide to managing a bad back with straightforward, useful information about the workings of the human back and the things that may go wrong to cause pain. It also provides guidance on the management and alleviation of such pain.

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