



Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness

William Smith

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A convenient, cost-effective opportunity to alleviating the stiffness, lack of mobility, and decreased daily function that result from chronic back pain.

Back pain is no small issue. In the US, acute lower back pain is the fifth leading cause for doctor visits. About 9 out of 10 adults experience back pain at some point in their lives, and 5 out of 10 working adults suffer from back pain at some point every year.

Exercises for Back Pain helps you to understand the root cause of your discomfort, how back pain affects on your overall health and well being, and practical exercises you can use to treat the pain. It includes rehabilitative exercise regimes for both men and women who suffer from back pain or those who have undergone back surgery.

Exercises for Back Pain features:

- * Up-to-date clinical treatments on back pain
- * Specific exercises that strengthen the back
- * A training log to track your progress

Easy-to-follow photograph sequences with clear instructions make the healing process a simpler one. Written by William Smith, MS, NSCA, CSCS, MEPD, *Exercises for Back Pain* will help you to achieve a healthier, happier, more productive life.

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