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THE BACK SUFFERERS' POCKET GUIDE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Back Sufferers' Pocket Guide, Sarah Key, Vicky Roberts, Back pain is extremely common - about eight in 10 people in the UK are affected at some time in their lives. In the majority of cases, the cause of back pain can be linked to the way the bones, muscles and ligaments in the back work together. With advice on back pain management, the role of medication, the use of bed rest...

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- Authored by Sarah Key, Vicky Roberts
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