

Neck and Back Problems: The Spine and Related Disorders

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Abstrak

In Neck and Back Problems, Jan de Vries deals with many of the most common problems relating to the spine. Drawing on his own vast experience of helping patients overcome their suffering and on various case histories, this book contains practical advice for those millions who endure the agony of backache. Simple exercises and remedies are outlined, together with proven hints towards self-treatment. Slipped discs, tennis elbow, whiplash, bursitis, and problems with vertigo are all discussed in layman's terms.