

The **Back Pain** Sourcebook

SECOND EDITION

Everything You Need to Know About:

- Causes of back pain, including injury, stress, arthritis, herniated disks, scoliosis, and leg discrepancy
- Conventional treatment methods and surgery
- Alternative treatments, including chiropractic, acupuncture, Feldenkrais, and reflexology
- Preventive techniques and exercises to help strengthen and heal backs



STEPHANIE LEVIN-GERVASI
FOREWORD BY JAMES F. ZUCHERMAN, M.D.

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