



## Back Sufferers' Bible

By Sarah Key

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### Back Sufferers' Bible By Sarah Key

Providing concise yet comprehensive coverage of why back pain occurs as well as a range of instructions, advice, and exercises to cure its many forms, this analysis encourages patients to actively contribute to their own back-pain management. With a new reference section, this updated handbook clearly shows how each stage of back pain manifests, sets out a logical course of treatment programs, explains when patients need medications or simply rest, and describes curative exercises. Anyone who suffers from back pain or who wants to understand how to manage it will benefit from this essential resource that shows what has gone wrong with the spine and the steps to take and keep the back healthy and pain-free.

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### Editorial Review

#### Review

"Sarah Key's exercises really do work" -- HRH the Prince of Wales "physiotherapist to The Royals" Daily Mail

#### About the Author

**Sarah Key** is a trained physiotherapist and the author of *Back in Action* and *Body in Action*. She was made a Member of the Victorian Order acknowledging her many years of service treating members of Britain's Royal Family.

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