

# **The Back Pain Book: A Self Help Guide For Daily Relief Of Neck And Back Pain By Mike Hage**



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## **Fast facts about back pain**

This is an easy-to-read public information piece. Back pain can range from a dull, constant ache to a sudden, sharp pain that makes it hard to move.

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Hage, Mike Customer Service; Shop All Books; Weekly Offers; Clearance; Favorites; New Arrivals

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Back Pain If you have back pain or neck pain, you have a lot of company. About 8 in 10 people experience back pain at some point in their lives.

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EIGHTY-FIVE PERCENT OF AMERICANS suffer from some type of back pain and our sedentary lifestyles only exacerbate the problem. Drugs and surgery are costly solutions

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Back pain is pain felt in the back that usually originates from the muscles, nerves, bones, joints or other structures in the spine. However, internal structures such

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The Back Pain Book: A Self-Help Guide for the Daily Relief of Back and Neck Pain, 2nd edition: Mike Hage, Physical Therapy Department of the Rehabilitation Institute

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