



Back Pain Solutions : How to Help Yourself with Posture-Movement Therapy and Education

Bruce I. Kodish

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Presents an original body-mind model which explains in clear, non-academic prose the causes, treatment and prevention of activity-related (posture-movement-related) back pain. Details a continuum of therapy and education to deal with such problems. Provides self-care guidelines for controlling pain and improving posture. The self-care principles apply not only to back pain but to other musculoskeletal problems as well.

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