



Treat Your Back Without Surgery: The Best Nonsurgical Alternatives for Eliminating Back and Neck Pain, Fully Updated Second Edition

M.D. Stephen Hochschuler, M.B.A. Bob Reznik

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Treat Your Back Without Surgery is based on the acclaimed Texas Back Institute's successful nonsurgical treatments for back injuries. Providing proven exercises and natural healing techniques, this book helps readers diagnose back problems and relieve pain noninvasively. Also included are black-and-white photos, illustrations, back surgery benefits and risks, and an updated resource section.

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