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at the beginning your back may feel a little sorebut then it starts to get stiff before you know it
your muscles start seizing up causing you to bend over like an old man unable to move soon it
may even become chronic constantly suffering or becoming addicted to pain medication is no
way to live life which is why james tang wrote this practical guide to help those who suffer from
back pain drawing on his experiences as someone who has suffered from lower back pain he
helps you understand its causes and symptoms examining topics such as obesity flat feet
sacroiliac joint dysfunction sleep positions and diet and sports nutrition he also highlights how
to holistically manage lower back pain via trigger point therapy flexibility training and core
stability exercises with the majority of the population spending their working lives in prolonged
seated positions education about posture and back problems has never been more important
get straightforward advice on preventing managing and eradicating pain with a practical guide

to the self management of lower back pain

your workout perfected separates fact from fiction to improve fitness function and performance fat loss and physique comprehensive and practical all exercises and workout programs are accompanied by step by step instructions training advice safety considerations and variations

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