



## Taking Control: Ways to Minimize Your Lower Back Pain and Prevent Future Episodes by Changing How You Move (Paperback)

By PT DPT Elizabeth Hoobchaak

Outskirts Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lower back pain affects two out of three individuals sometime in their lifetime and is the second most common reason for a visit to a primary care physician. Often times, back pain can be minimized, or all together avoided, by following some simple guidelines of proper movement and exercise instruction. This book serves as an educational tool to help individuals understand the source of their pain, ways they can manage it and what to expect when you seek professional care. It is not meant for self diagnosis, only a resource for helping you decide the best ways to manage your symptoms as well as prevent future episodes. This book should be used in conjunction with treatment from a health care professional such as your doctor or Physical Therapist. If back pain has started taking over your life and limiting your ability to get through your day comfortably, take the control back and start living pain-free.



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