

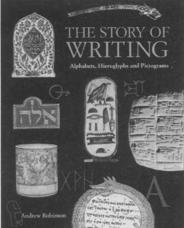
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Good News for Bad Backs is for you whether your back pain is mild, moderate, or severe. This book can guide you to make the right choices concerning the cause, treatment, and prevention of low back pain.

The good news is that most low back pain is preventable. More good news is that most low back pain can be successfully treated without surgery or heavy medication dosages.

Knowing how to lie, sit, squat, and lift, and how to exercise to relieve pain and recondition injured and



weakened back structures is what this book is about. By utilizing the back protection and prevention exercises featured in this book, back pain sufferers can find relief and enjoy a useful, productive, and fulfilling life. However, Good News for Bad Backs is not intended as a guide to self-diagnosis and self-treatment. It's a handy reference book that should help you understand what might be causing your low back pain, and it's a resource for some simple methods you can use to relieve your pain.

- from the Introduction