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Title: **The Back Book**

Author(s): **The Royal College of General Practitioners**

Publisher: **TSO (The stationery office)**

Year: **2008** ISBN: **9780117029491**

A brief but thorough guide for people suffering from back pain that contains advice based on latest research.

Explains:

- The causes of back pain
- Pain management
- The importance of staying active and getting on with life
- The role anxiety can play in maintaining back pain
- The unhelpful beliefs that can cause pain to become chronic

21 pages

Readability:



Available: **Yes** Cover Price: **£ 1.20**



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