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SELF-TREATING LOW BACK PAIN AND SCIATICA: A REFERRED PAIN APPROACH TO UNDERSTANDING WHAT IS CAUSING YOUR BACK PAIN AND WHAT YOU CAN DO TO SELF-TREAT (PAPERBACK)

Self-Treating Low Back Pain and Sciatica

A referred pain approach to understanding what is causing your back pain and what you can do to self-treat



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Sports Medicine Acupuncturist's guide to self-treating low back pain and sciatic pain based on clinical experience and knowledge of referred pain patterns caused by trigger points. Statistics show that 80 of us will eventually have back pain. Practitioners who recognize the musculoskeletal causes of back pain and sciatica believe that most back pain sufferers have muscle shortening...

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- Authored by Richard Hazel Lac
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