

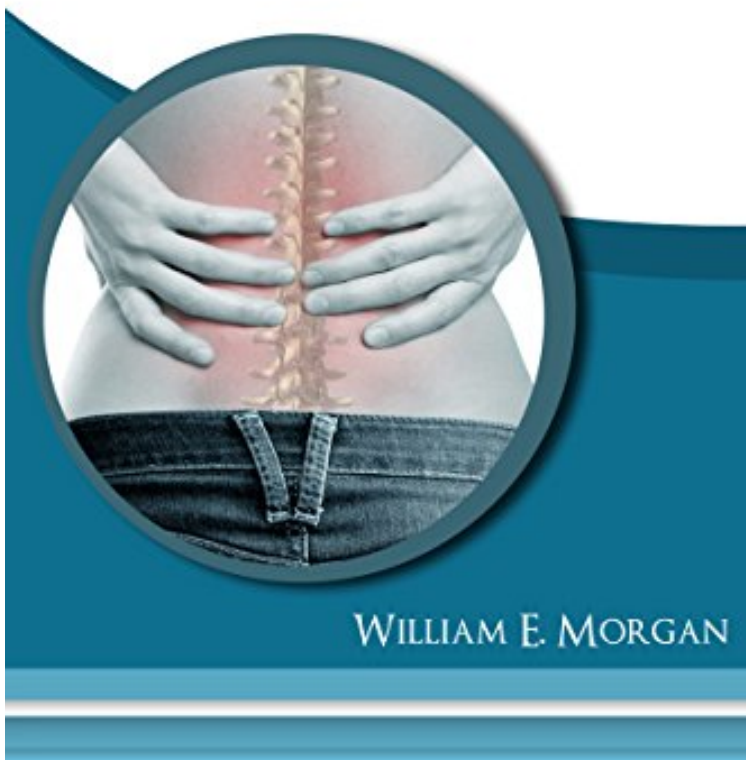
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Herniated Disc: A Survival Guide: Everything you need to know to manage your lumbar disc herniation without surgery (English Edition)

HERNIATED DISC

A SURVIVAL GUIDE

Everything you need to know to manage your lumbar disc herniation without surgery



Par William Morgan
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Description :

Prsentation de l'diteurA guide to understanding and coping with herniated discs which gives practical tips as well as step by step instruction in the care of your back and body.In this book you will learn:The mechanism of injury for lumbar disc herniations When you need to seek medical attentionExercises that can help with healingExercises to avoid (ironically these are the exercises that most people perform when they have a herniated disc)How to alter your activities of daily living to allow your disc injury to healNutritional advice

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How to control the pain without drugs
How to lift after a disc herniation
How to avoid re-injury
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