



## Neck and Back Problems (Paperback)

By Jan De Vries

Transworld Publishers Ltd, United Kingdom, 2001. Paperback. Condition: New. Language: English . Brand New Book. In Neck and Back Problems Jan de Vries deals with many of the most common problems relating to the spine. Drawing on his own vast experience of helping patients overcome their suffering and on various case histories, this book contains practical advice for those millions who endure the agony of backache. Simple exercises and remedies are outlined, together with proven hints towards self-treatment. Slipped discs, tennis elbow, whiplash , bursitis and problems with vertigo are all discussed in layman s terms. Neck and Back is a veritable treasure trove of information from one of the world s leading practitioners in this field.



**READ ONLINE**  
[ 3.15 MB ]

DOWNLOAD



### Reviews

*It in one of my favorite book. Sure, it is actually engage in, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book i have got study inside my very own existence and might be he finest publication for ever.*

*-- Randal Reinger*

*This publication will be worth purchasing. This is for all those who statte there was not a worthy of reading through. I discovered this publication from my dad and i suggested this pdf to find out.*

*-- Macey Cummerata*