



# Your Aching Back: A Doctor's Guide to Relief

*Augustus A. White*

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**Three out of five adults will experience significant back pain at some point in their lives, making back pain America's number-one ailment.**

At last, Dr. Augustus White, one of the world's leading specialists in back pain and spine-related problems, has revised and updated his trusted and authoritative manual. This definitive edition of *Your Aching Back* offers the latest findings on back ailments and their treatments, giving information on:

- \* basic back mechanics
- \* the most common reasons for backache and the most likely sufferers
- \* the most current diagnostic techniques
- \* basic back self-care: nonsurgical and preventive techniques; home treatments
- \* surgery: the most up-to-date technology and procedures
- \* postoperative care: recuperative techniques and life-style management
- \* controlling back pain in the elderly, including spinal stenosis and osteoporosis
- \* alleviating back trauma in sports and dance
- \* reducing lower back pain to increase sexual activity and enjoyment

This comprehensive manual also includes a glossary of terms, answers to the most commonly asked questions regarding back pain, and predictions on the future of back care. Over 70 black-and-white line drawings illustrate various back conditions and treatments, completing this indispensable book.

Written in a nonintimidating and reassuring tone, *Your Aching Back* is designed to help you take control of your back condition and get *relief*.

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