

# The Back Pain Book: A Self Help Guide For Daily Relief Of Neck And Back Pain By Mike Hage

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The Back Pain Book: A Self-Help Guide for the Daily Relief of Back and Neck Pain, 2nd edition: Mike Hage, Physical Therapy Department of the Rehabilitation Institute

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Overview of Back Pain. Neck and back pain, especially pain in the lower back, is one of the most common health problems in adults. In fact, according to the National

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