



# Back Pain: How to Build Core Stability for Long-Lasting Relief

*Adam Gavine, Rod Bonello*

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**A self-help guide for sufferers of back pain who want long-lasting relief, with simple exercises which can be done at home**

Back pain gets in the way of everything we want to do, and it can stop us sleeping too. It can be difficult to find the right treatment, and expensive to keep visiting a chiropractor, osteopath, physiotherapist, or masseuse. If you are looking for long-lasting relief from your back pain, or trying to avoid back problems, it's essential to treat the cause, not just the symptom. Research shows building your core muscle stability is the most effective way to deal with most forms of back pain. Drawing on their extensive clinical experience and the latest research, this book explains how to find the best possible treatment for one's back and get the most out of treatment. It provides safe exercises that can be can do at home to develop and maintain core muscle stability, illustrated by easy-to-follow photographs.

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