

HOW TO OVERCOME  
AMERICA'S #1 HEALTH PROBLEM

# YOUR ACHING BACK

**A DOCTOR'S GUIDE TO RELIEF**

BY AUGUSTUS A. WHITE, III, M.D.

**HOW TO REDUCE LOWER BACK PAIN**

**SEX AND YOUR ACHING BACK**

**THE FUTURE OF BACK CARE**

**SPECIAL TECHNIQUES FOR ATHLETES**

CAUSES & CONTROL, SELF-CARE  
& PREVENTION, TREATMENT & RELIEF

FULLY ILLUSTRATED

# Your Aching Back

**Augustus A. White**



## **Your Aching Back:**

**Your Aching Back** Augustus A. White, 2010-06-15 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 **Help for Your Aching Back!** Harvey P. Kopell, Nancy C. Kester, 1969 **Heal Your Aching Back** Jeffrey N. Katz, 2007-02-09 Take back your health your fitness and your life This authoritative and comprehensive guide written by a Harvard doctor who has struggled with back pain himself will help you find the real cause of your problem and the smartest way to treat it This simple step by step program will show you how to Get the right diagnosis for your type of back pain Find the most effective treatment including complementary therapies Control pain through specific exercises massage and yoga Avoid surgery prevent reinjury and strengthen your back for life Dr Katz also gives you the most up to date information on chiropractic care new pain medications alternative physical therapies and back surgery [Your Feet Don't Have to Hurt](#) Suzanne M. Levine, 2014-07-15 Did you know that the feet are the only part of a woman's body that naturally LOSES fat as she gets older resulting in the potential for greater foot pain as a woman ages Learn tips to fight this loss and countless other secrets of woman's foot care as a top female podiatric surgeon shows you why **Your Feet Don't Have to Hurt** In this unique volume Dr Suzanne M Levine will offer the first comprehensive guide to the prevention and treatment of foot pain that acknowledges the greater prevalence and severity of women's foot problems This book will take a decade by decade approach to foot care for women explaining what we can do in our twenties thirties and forties to avoid foot pain and surgery in our fifties sixties and beyond Featuring An A to Z symptom finder for foot problems common to both men and women corns calluses heel soreness athlete's foot nail fungus How to prevent and treat serious joint problems and ligament tears In depth coverage of foot problems specific to women The danger of botched pedicures How the stresses of pregnancy can affect your feet How to repair the painful damage done by high heeled shoes Dr Levine will show women authoritatively and clearly how to end and

prevent foot pain     **Ebony** ,1983-11 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine     **Labor Digest** ,1917  
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