

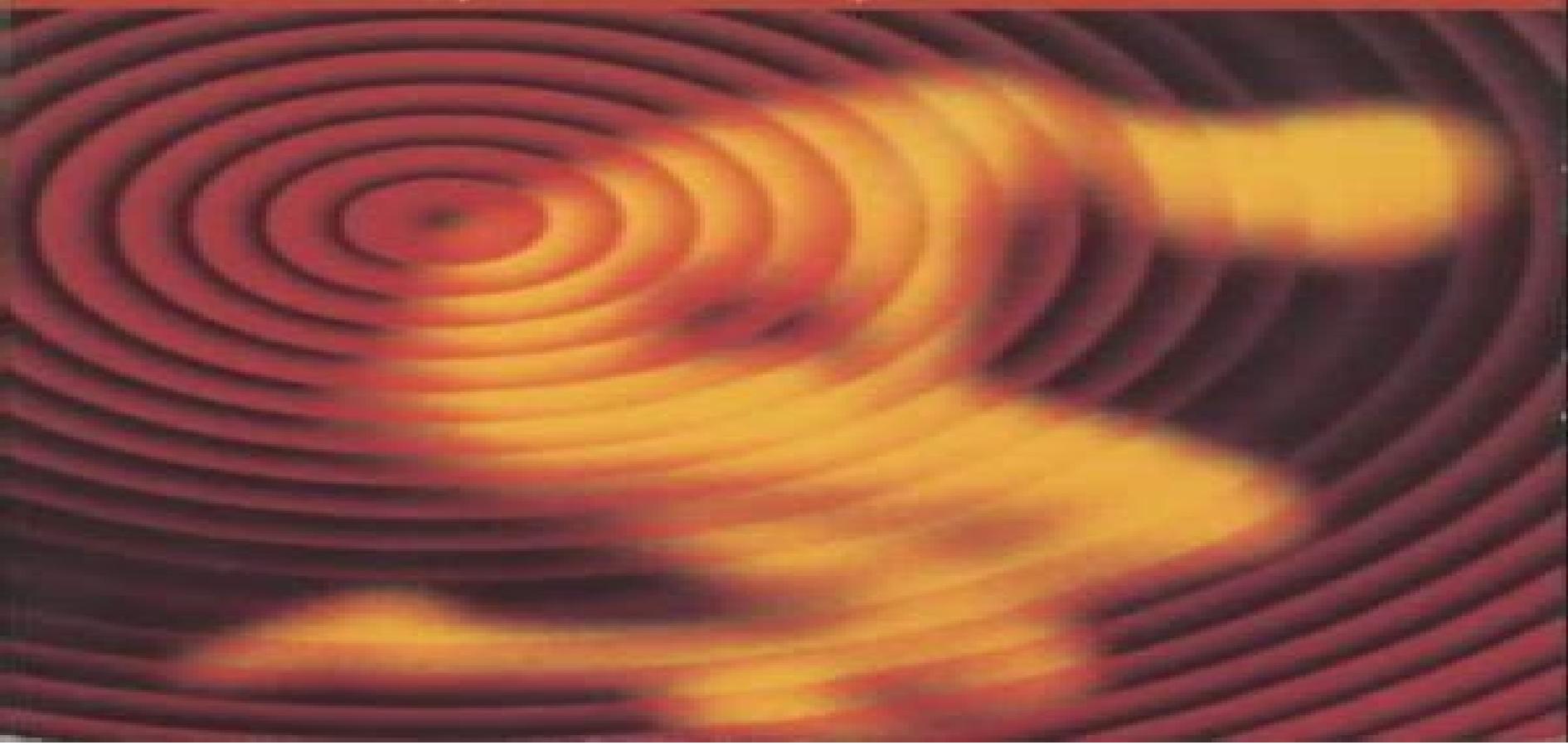
WHICH? Consumer Guides

The Which? Guide to
**Managing
Back Trouble**

How to cope with back pain and prevent its recurrence

Dr Harry Brown with revisions by Dr Jeremy Sager

Foreword by the Executive Director of BackCare



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