



Neck and Back Problems (By Appointment Only)

Jan de Vries

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In Neck and Back Problems Jan de Vries deals with many of the most common problems relating to the spine. Drawing on his own vast experience of helping patients overcome their suffering and on various case histories, this book contains practical advice for those millions who endure the agony of backache. Simple exercises and remedies are outlined, together with proven hints towards self-treatment. Slipped discs, tennis elbow, 'whiplash', bursitis and problems with vertigo are all discussed in layman's terms. Neck and Back is a veritable treasure trove of information from one of the world's leading practitioners in this field.



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