



Backworks: The Illustrated Guide to How Your Back Works and What to Do When It Doesn't

Timothy J. Gray

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By integrating the back-expert care of physicians, nurses, and physical therapists, the Back Works guide is a regimen of vertebral treatments that provide the necessary care and instruction that lead to a healthy, pain-free back.

If you've ever had a back attack that took your breath away and laid you up for days or weeks, you may never have to repeat that painful experience again.

As a spine care specialist, Dr. Gray reveals the medical methods that will turn pain into power, stiffness into strength and aching into action!

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