



A Practical Guide to the Self-Management of Lower Back Pain: A Holistic Approach to Health and Fitness

James Tang

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A Practical Guide to the Self-Management of Lower Back Pain is a valuable guidebook that will benefit those suffering from lower back pain.

James Tang's health and fitness book *A Practical Guide to the Self-Management of Lower Back Pain* explores possible and available ways of treating musculoskeletal pain.

Tang's interest in the topic sparks from his own experiences with back pain. In his book, Tang explores and explains the common causes of lower back pain, from obvious ones like poor posture to more complex sources. Many sections are dedicated to skeletal muscle function, while others explore the common occurrences of the pain and its various triggers.

The relationship between weight, diet, and stress and their combined impact on lower back pain are also explored. Exercises that can help with weight loss are included. Most importantly, information on the self-management of lower back pain, including corrective exercise, is imparted.

A lot of the book's pain management tips are practical and can be exercised by anyone who wishes to utilize them. Most of the exercises, like an elbow prop-up exercise that can be used to alleviate acute lower back pain, can be carried out anywhere—not necessarily in a gym or with the guidance of a trainer.

Illustrations make the book's content even more applicable. Diagrams explain various body positions and their contribution to lowering back pain or explain how skeletal muscles work. Charts and tables summarize information and make it easier to remember the content and key discussion points. Chapters and sections are labeled clearly and make navigating the content easy. The work flows naturally, and each chapter addresses its specific subject matter comprehensively.

As an exercise professional, sports massage therapist, and musculoskeletal pain sufferer, Tang's experience with the topic is apparent. The writing is professional and confidence inspiring. There is, however, a lot of medical jargon that may be difficult for lay readers to interpret. Even simple biological processes are explained using inaccessible language, and some sections are needlessly tedious as a result.

Still, the book ably explains the causes of lower back pain and proposes compelling methods for preventing or treating it. This will be an encouraging work for anyone who suffers from back pain, thanks to its insistence that the pain can be treated and mitigated if it is approached consistently and knowledgeably.

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EDITH WAIRIMU (October 30, 2018)

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