

Ovid®

Back Pain

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This book summarizes the current literature on management of back pain and provide evidence-based, practical guidelines for clinicians.

Back pain is one of the most common reasons cited by patients seeking medical help, and it is a leading cause of time off work and long term disability. Causes of back pain are complex and many health care professionals devote a substantial amount of their time dealing with it. The initiating event leading to back pain is often compounded by other factors leading to maladaptive behaviour and prolongation of pain.

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