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Healing Chronic Back Pain: 7 Steps to Perfect Posture

Mark Frobb

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This self-help book provides a unique perspective on the care, prevention and management of chronic back pain based on more than three decades of the author's personal clinical experience and hands-on treatment. Combines principles of Western Medicine with the ancient secrets of Chinese Medicine and Tai Chi martial arts explaining how poor posture creates chronic back pain and providing easily applied, simple remedial solutions to correct postural problems enabling relief of chronic back pain and the return of a healthy active life.

o 80% of people in industrialized nations experience back pain sometime during the course of their lifetime
o Every year 3 to 4% of the population becomes disables during the course of that year with an episode of back pain
o 1% of the working age population will become totally disabled permanently each year with chronic back pain
o Back pain is second only to the common cold as a cause of lost work time
o Chronic back pain is the fifth most common cause for hospitalization
o Chronic back pain is the third most common reason to undergo a surgical procedure

The 7 steps to perfect posture are straightforward, easily understood adn require nothing more than your willingness to give it a try. You will need no expensive props, medications or therapists, just your own belief that improving your posture, in these very simple ways, can be the key that unlocks the mystery of your chronic, debilitating back pain.

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