

《The healthy back 背》

图书基本信息

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内容概要

The back is a complex and unique structure built from sturdy bones, strong muscles, flexible ligaments, and a network of nerves. It is vital that all these parts are working in harmony in order to keep the back healthy. The Healthy Back is your complete guide to understanding exactly how your back works, and discovering the best ways to look after this precious part of the body for now, and the future.

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