

# BACK PAIN

## Information Guide

### WEBSITES

**CANADIAN CHIROPRACTIC ASSOCIATION**

[www.chiropracticcanada.ca](http://www.chiropracticcanada.ca)

**CANADIAN ORTHOPAEDIC FOUNDATION**

[www.canorth.org](http://www.canorth.org)

**MEDLINEPLUS**

[www.nlm.nih.gov/medlineplus/backpain.html](http://www.nlm.nih.gov/medlineplus/backpain.html)

**SPINE-HEALTH**

[www.spine-health.com](http://www.spine-health.com)

**SPINEUNIVERSE.COM**

[www.spineuniverse.com](http://www.spineuniverse.com)

### NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: [askus@kpl.org](mailto:askus@kpl.org)

WEBSITE: [www.kpl.org/ref/healthlink.html](http://www.kpl.org/ref/healthlink.html)

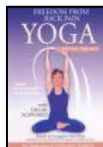
IN PERSON: at any KPL location

### DVDS

**Yoga: Freedom from back pain**

Lighten Up Yoga & Healing Arts 2007

[DVD 613.7046 Yoga](#)



**Mayo Clinic wellness solution for back pain**

Mayo Clinic 2007

[DVD 617.564 Mayo](#)



### BOOKS

**Essential back care**

Gareth Jones & Ed Wilson (eds.) 2011

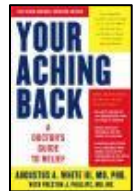
[617.56406 Essen](#)



**Your aching back: A doctor's guide to relief**

Augustus White 2010

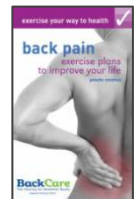
[617.564 White 2010](#)



**Back pain : exercise plans to improve your life**

Paula Coates 2010

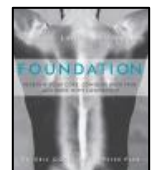
[617.564 Coate](#)



**Foundation: redefine your core, conquer back pain, and move with confidence**

Eric Goodman 2011

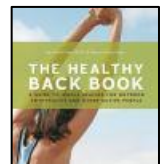
[617.564 Goodm](#)



**The healthy back book: A guide to whole healing for outdoor enthusiasts and other active people**

Astrid Pujari 2010

[617.56406 Pujar](#)



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