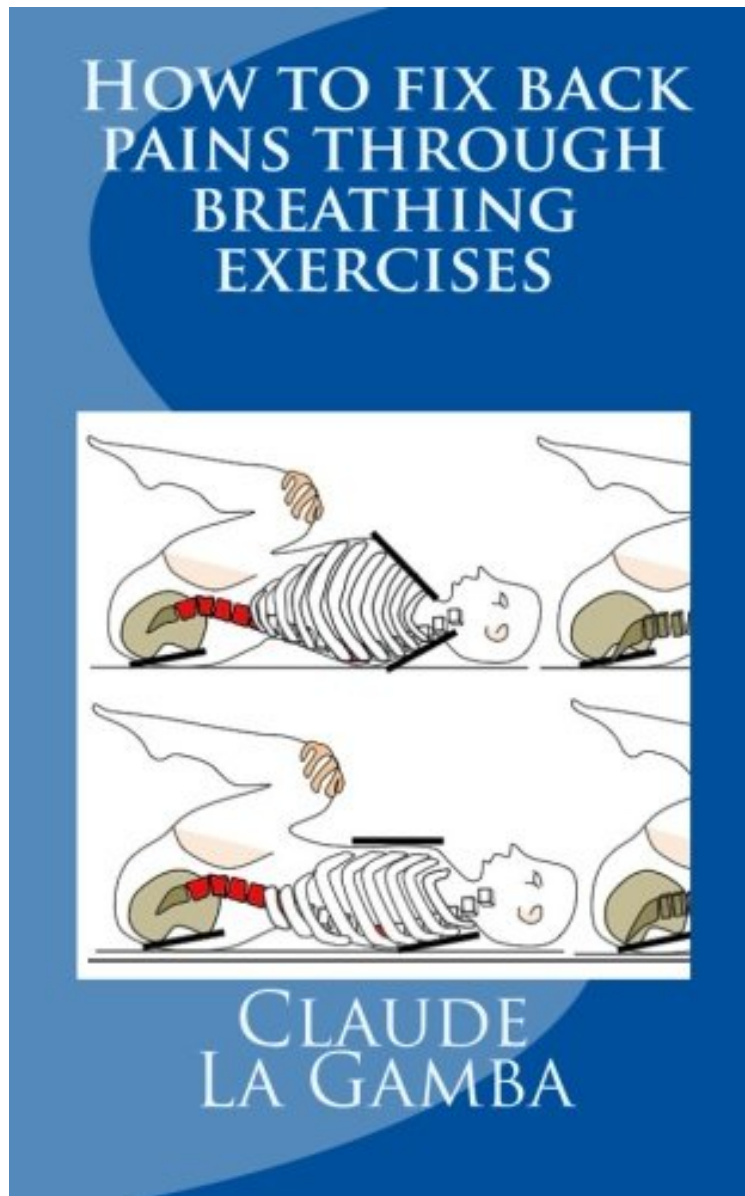


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How to fix back pains through breathing exercises

Claude La Gamba

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The subject of this book focuses on treatment of back pain by the practice of breathing exercises that will help the reader, step by step, to a better understanding of complex mechanisms in cause in spinal pain. After a first book (*Le Diaphragme Thoracique*) published in 2015 and aimed especially at health care professionals, physicians and orthopaedics surgeons, the researcher gives us here a second book with more vocation to arise public awareness of the role of breathing in various skeletal disorders through some breathing exercises.