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10) CONTROL OF PAIN

:60 PSA

RESTING FOR AT LEAST SEVERAL DAYS IS THE BEST  
TREATMENT FOR NECK AND LOWER BACK PAIN ACCORDING TO  
DR. MARION WARPINSKI OF THE UNIVERSITY OF NEVADA  
SCHOOL OF MEDICINE:

.22 "The simplest thing is rest...avoid  
aggravation...if persists, consult physician  
and get accurate diagnosis...crucial to  
management of any type of pain."

RELAXATION IS ALSO IMPORTANT IN RELIEVING BACK PAIN  
BECAUSE OF THE STRESS FACTOR:

.15 "Stress can cause general  
aching...relaxation is the key."

THIS IS "HEALTHLINE" FROM THE UNIVERSITY OF NEVADA  
SCHOOL OF MEDICINE.