

# 'IT'S UNBELIEVABLE THAT SO MANY PATIENTS SUFFER UNNECESSARILY FROM BACK PAIN'

JAN WILLEM ELKHUIZEN  
MENNO IPRENBURG

Many people experience low back pain without knowing why. In more than 90 percent of all low back pain cases, the underlying cause is unknown. Where is this sudden shooting pain in the back coming from? The authors of this book offer concrete answers en solutions.

Using clear pictures and drawings, they explain what is happening when a person suffers from lumbago or hernia, and why this may lead to chronic back complaints. The book is based on scientific evidence yet is written in understandable language. The numerous clear illustrations help the reader understand what is going on, what they can do about back complaints, and how to prevent them.

**A MUST-READ FOR ANYONE WHO WANTS TO GET RID OF THEIR BACK PROBLEMS**



**Menno Ipremburg** is an orthopedic surgeon and founder of Ipremburg Hernia Clinic in Veenhuizen (the Netherlands). He

has performed more than five thousand operations and about three thousand involved endoscopic hernia surgery (using a camera). His work has gained him both national and international fame and has earned him several awards.



**Jan Willem Elkhuisen** is a human movement scientist and has been working as a physiotherapist and manual therapist

for over 20 years. He graduated with honours from the Functional Anatomy department of Vrije Universiteit Amsterdam. He is co-founder of various companies specialised in the development of ergonomic products.



JAN WILLEM ELKHUIZEN  
MENNO IPRENBURG

LOWER BACK PAIN HERNIA ACUTE LUMBAGO  
HOW TO GET RID OF IT!

JAN WILLEM ELKHUIZEN  
MENNO IPRENBURG

# LOWER BACK PAIN HERNIA ACUTE LUMBAGO

HOW TO GET  
RID OF IT!

