



Back Pain: Searching for Answers

The New York Times

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It's a given: About two-thirds of all adults will have back pain at some point in their lives. Because it's one of the most common physical ailments, the methods of treating it have multiplied over the years. And that's where the confusion lies. For sufferers, it can be baffling trying to get through a maze of information, which seems to change regularly. Knowing what to do is as critical as knowing what not to do. This e-single, a selection of articles from The New York Times, aims to clear up the confusion, by featuring the latest research and opinion about medications, physical therapy, exercise and alternative treatments, written by The Times's top health writers, including Pam Belluck, Jane E. Brody, Gretchen Reynolds, Tara Parker-Pope, Nicholas Bakalar and Anahad O'Connor.

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