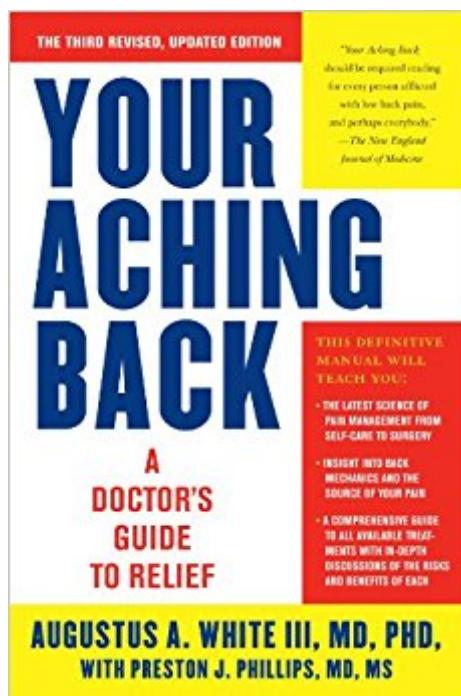


The book was found

Your Aching Back: A Doctor's Guide To Relief



Synopsis

THREE OUT OF FIVE ADULTS WILL EXPERIENCE SIGNIFICANT BACK PAIN AT SOME POINT IN THEIR LIVES, MAKING BACK PAIN AMERICAâ™S NUMBER ONE AILMENT NOW IN ITS THIRD EDITION, the classic back pain manual *Your Aching Back* has been revised and updated to ensure that you have the latest science to speed your recovery. Drawing on new research as well as decades of clinical experience, leading specialists Dr. Augustus White and Dr. Preston Phillips give you everything you need to know to manage this frustrating condition. To help you hone in on the source of your pain, they give a short primer on the basics of back mechanics as well as a discussion of the wide array of possible causes. Treatment is the primary focus of the book. Emphasizing evidence-based medicine, the authors give a full account of the risks and benefits associated with treatments from acupuncture to spine surgery. You will find out when self-care makes sense, when you need to see a doctor, what questions to ask, and how to tell if you need a second opinion. Along the way, youâ™ll learn about exciting advances in implant technology, recent studies on ergonomics, cutting-edge imaging technology, the newest forms of alternative care, and much more. And because dealing with chronic back pain can have an effect on every aspect of your life, this book offers sensible, empathic advice on everything from sex and sports to the financial and emotional consequences of long-term disability. In its trademark conversational and unintimidating style, *Your Aching Back* places you back in control of your health and puts you on the path toward relief.

Book Information

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Customer Reviews

In this book, revised from his first edition of the same title (LJ 9/8/83), White uses an informal style to update lay readers on new developments in the diagnosis and treatment of structural problems and disease of the spine. When considering only his coverage of spinal disorders, White, a leading orthopedic surgeon, has few peers. However, aggressive rehabilitation of back muscle injury by either the patient or a therapist is given little attention. A more thorough treatment of such rehabilitation can be found in Constance Bean's The Better Back Book (LJ 4/1/89). But for those whose backs ache from disorders of the spine itself, White's book is superior. Recommended for public libraries.- Robert Jordan, Univ. of Iowa, Iowa CityCopyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Bill Cosby A scientifically based book on back pain, yet easy to read with an assuring and comforting tone."The New England Journal of Medicine Your Arching Back" should be read by every person afflicted with low back pain, and perhaps everybody.

I saw Dr. White on CBS one Sunday morning some time ago. Recently my wife's back pain started getting into the 3rd seat of a minivan. That was 4 months ago. She was interested in conservative care, and I remembered the book. It was a very good education about back trouble, and suggestions for recovery without surgery. It took 3 months, but she is nearly perfect and happy with the result. The book was a good support and source of usable information.

This book is very detailed on back pain cause, effect, relief. It's not an easy read, but if your back is bothering you, you can probably find some relevant info

I asked Dr. White, now retired from his distinguished career as a leading back surgeon, for an introduction to a back surgeon who could help my recent back injury. He did so but suggested I read the book to get educated on alternatives before taking that step. I find the book gives a treasure trove of information and education on this complicated subject.

A great book for the layperson with back problems. I have the original and this is the update. He is an amazing person (in person) and he cares about people. He has retired from operating but is still Head of Orthopedics at HARVARD. An easy read wish I had met him before it was two late for me.

Rec'd quite a while ago and it lived up to my expectations and can be used as reference. I don't know how it would compare with other books on the subject but thought it a worthwhile purchase.

this book was very helpful to my husband ,who has stenosis of the lower back. Gave him info that hadn't been given to him before. helped him understand pain management better. I also found a section on the type of arthritis I have that was very informative. Glad I bought this book.

Has given me a lot of info that I need to continue to understand my back issues. Excellent text.

Everyone should read this book whether they have back pain or not! One can find many answers and solutions for their back pain. A must read before considering surgery!

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