



What Your Doctor May Not Tell You About Back Pain: The 6-step Programme for Lasting Relief

By Debra K. Weiner

Little, Brown Company, United States, 2007. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Millions of Americans suffer from chronic back pain, but what most don't realize is that their ailment is a complex issue, often caused by more than one factor and that identifying the disorders that contribute to lower back pain is a critical part of the treatment process. According to Dr. Debra Weiner, treatment requires a multifaceted, multidisciplinary approach?no single pill or therapeutic procedure will likely solve the problem. In this authoritative guide, Dr. Weiner has distilled 20 years of research and clinical practice into an integrative 6-step program to help back pain sufferers find the source of their discomfort and achieve lasting relief. Readers will learn: How to identify the causes of their back pain and determine which course(s) of treatment are right for them How to distinguish their problem from potential misdiagnoses Both traditional and alternative physical therapies and exercises Proven mind/body approaches A guide to the common medications and injections used to treat chronic back pain Information on the different surgeries and invasive procedures and their pros and cons.



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