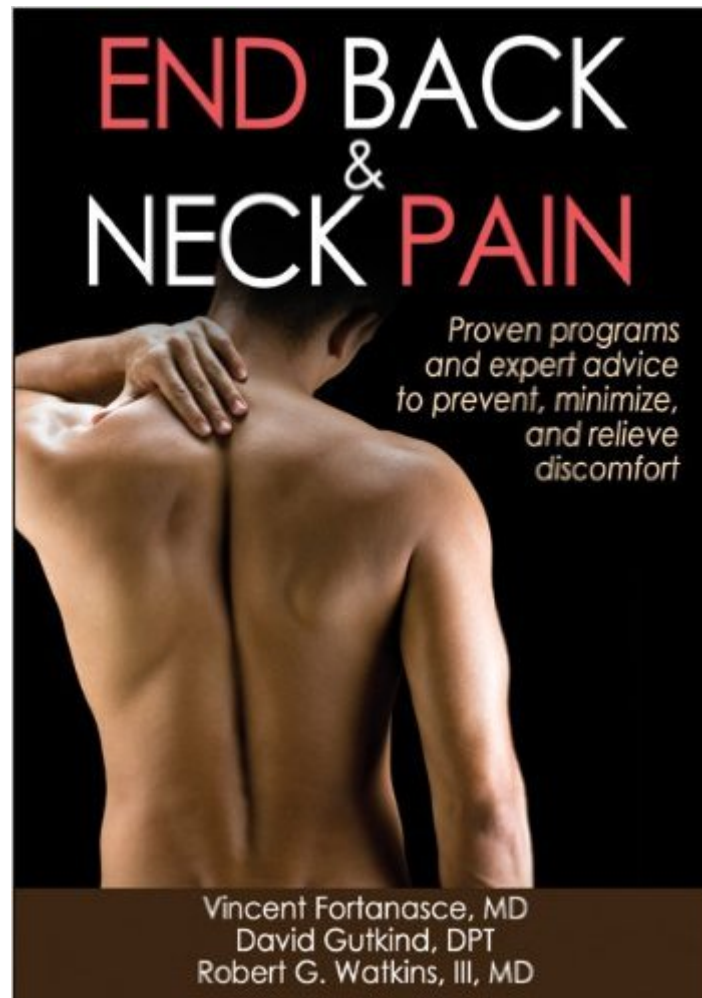


The book was found

End Back & Neck Pain



Synopsis

If you suffer from back and neck pain, you want answers. You want relief. Now there is one book that brings you both: *End Back & Neck Pain*. In *End Back & Neck Pain*, the leading names in back health join together to provide the latest research, professional insights, and proven programs to prevent and relieve pain and discomfort. Youâ™ll get straight answers to questions such as these:

- Why does my back or neck hurt?
- What can I do now to alleviate my discomfort?
- How do I prevent my pain from returning?
- Could I have a serious or debilitating condition?
- Is my doctor properly diagnosing my condition?
- Is surgery really my best option?

Through a series of questions, youâ™ll identify the source of your discomfort and determine the best plan of action for relief. Youâ™ll learn how simple lifestyle changes, postural improvements, and stretching exercises can keep that pain from returning. Most important, *End Back & Neck Pain* takes the fear and uncertainty out of your discomfort and puts you in control of your recovery. Whether this is your first bout with serious pain or a recurring problem, *End Back & Neck Pain* has insights, answers, and programs that will put you on the path to a pain-free life. v

Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 1 edition (September 13, 2011)

Language: English

ISBN-10: 0736095284

ISBN-13: 978-0736095280

Product Dimensions: 7 x 0.6 x 9.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)

Best Sellers Rank: #1,037,261 in Books (See Top 100 in Books) #136 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #446 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #857 inÂ Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

If you or someone you love experiences acute or chronic neck or back pain, you need to buy *End Back & Neck Pain* by Fortanasce, Gutkind and Watkins. It not only helps you understand your symptoms, distinguishing between those which can be improved with self-care and which need the expertise of a specialist, it also helps you determine the best doctor for your needs and how to

interface with him or her. You will also learn what to expect if you need to have tests run or surgical procedures. I wish this book had been available a few years ago when both my husband and I had to undergo months of suffering culminating in nerve block injections and painful therapies. The knowledge in this book would have relieved our anxiety and helped us avoid some unnecessary costs. The authors explain diagnosis and surgical procedures with both text and photos, and charts of what to expect after each phase of the process. They will give you the knowledge you need to be an informed patient, more fully involved in your care. The more you know, the less fear you have and the more able you are to cope with what is happening within your body and to you through treatment. The book is divided into four parts: understanding your pain, minimizing or avoiding pain through self-care, choosing the best doctor and treatment when self-care is not enough, and understanding why advanced treatment such as spinal injections or surgery may be necessary. Throughout the book, the emphasis is upon helping you understand what pain is, how to avoid it, how to cope with it when it cannot be avoided and, when coping techniques are not enough, how to select and work with a surgeon.

[Download to continue reading...](#)

Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery End Back & Neck Pain Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Truth About Back Pain:

A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief)

[Dmca](#)