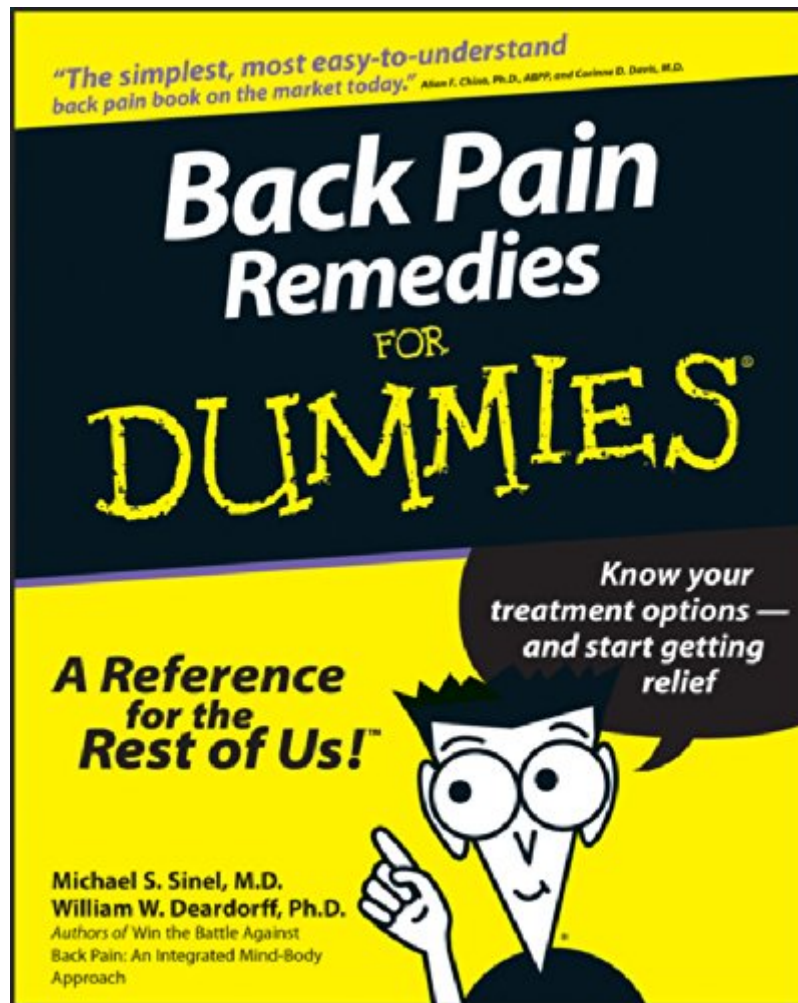




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# Back Pain Remedies For Dummies



## Synopsis

Back pain is such a common condition that many doctors and researchers consider the complaint a normal part of life, similar to having an occasional cold or flu. If you are a back pain sufferer, you are not alone: Back pain affects more than 80 percent of the population at some time during their lifetime. Back pain is second only to the common cold as a reason for visits to the doctor and it is second only to childbirth as a reason for hospitalization. Approximately 50 percent of the working population reports back problems every year. The total medical cost of back pain exceeds 20 billion dollars a year in the United States. *Back Pain Remedies For Dummies* takes a holistic approach to back pain prevention and treatment. Exploring the therapeutic options— from conventional medicine to popular alternative treatments— this patient-friendly guide gives you a heads-up on how to relieve pain now and avoid future injuries, plus Boning up on your spinal column's pieces and parts Uncovering some conditions that cause back pain Examining the lineup of doctors who treat what ails your back Taking your pain lying down— or not Giving weight to alternative therapies, including yoga, acupuncture, and imagery exercises Promoting the importance of good posture Returning to work and play with a healthy outlook Saying yes to sex after a back injury As you try to manage your back pain problem and investigate various treatment approaches, you can help yourself by being assured and hopeful that you can remedy your problem. This reliable reference gives you plenty to reason to believe that back pain does get better, and successful treatment is possible. You can expect to find the best treatment for your back problem when you have some understanding of who treats back pain, how he or she treats it, and why using a multidisciplinary approach is important— all of that awaits in *Back Pain Remedies For Dummies*.

## Book Information

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## Customer Reviews

Upon a recent visit to a pain management provider, it was recommended that I buy this book (at a very reasonable price) so I did. I received it in a timely manner and began reading it immediately. The chapters were set up logically and covered a wide range of subject matters, and as I am not one to read any book from front to back, I chose a chapter and just began. First off, it covered the wide variety of choices out there for acute and chronic back pain suffering, and while it did not recommend one specific remedy for either an injury or a long term back problem, I was pleased to read that it did not press/suggest medications (OTC analgesics or narcotics) as a first choice. The information was straightforward and very simply put, and while it tried to be humorous at times, it was a bit too simplistic for my professional taste. It was titled appropriately though, "...for Dummies" and while it was not insultingly infantile in its presentation of information, it was a bit too childish in some of its explanations. I did enjoy reading the explanations and have initiated their recommendations listed for exercises, and since many of the suggestions were similar to those I was working on during my physical therapy sessions, I have enjoyed the results of my efforts with progressive flexibility. I would recommend this book for those that have never been exposed to the medical/nursing world, but not for those with any prior professional training or knowledge; the information was too simple and the explanations not as in-depth as I was hoping for. All-in-all, a well-rounded book filled with a variety of first-step recommendations and suggestions to see professionals for those of us with a higher pain tolerance than others. The price range was well within range of anyone's pocketbook and its timely delivery of the product made it easy to get started right away, No Excuses!

The product was as described and met my expectations.

For the most part this is a good resource for those suffering with back pain and want to be a little more knowledgeable about your misery. Simple layman terms, nice lay out as is the custom of this publisher, and excellent home resource which could help you avoid the doctors if your condition is not too severe. I also like the style that you do not have to read it from front to back. You can jump around from one subject to another without missing anything. The only word of warning, be prepared to have some medical professionals contradict the findings in the book. Medicine is not an exact science and in some cases health care professionals would prefer their patients not have too much knowledge regarding their condition. However, it is your back pain not theirs and the better you are prepared to address the problem hopefully the quicker it will go away. This book is a good place to start and well worth the money.

What you really want to know is: Do the stretching and strengthening exercise really work to help provide pain relief from lower back pain? Yes, they do. That's probably enough of a review right there. If you want to know more, see that this book is rated 5 stars by nearly everyone. I had a back injury last year that put me out of work for a month. This book told me more about how to help myself heal than the back institute that I went to via my Doctor's recommendation. It contains straight forward advice about recovering to a healthy back and how to maintain it. Well written and very informative. Can't say enough good things about this book. Got back pain? Get the book!

I bought this book sometime within the last year. My initial reaction, the authors did not wish to offend anyone suggesting alternative treatment. (I realize trying to convince an alternative treatment believer that a conventional peer reviewed treatment might be better is much like speaking to a religious fanatic.) About three months ago my back went out again. I'm 59, play piano and occasionally have to lift equipment as part of my work. This time I made an appointment with a physical therapist who turned out to be 31 years old and who stays up to date with the latest therapies. The exercises she has given me are nowhere to be found in this book. I am lifting free weights as well as using the weight\pulley machines found in your local gym. What is even more interesting, I am occasionally stopped by the work out guys (the guys with overdeveloped muscles) and am told by them that those exercises are bad for my back. I have approached my therapist about this as well as have her explain her exercises to those same guys. She explains exactly the reasoning behind those exercises. (I do five different weight exercises at the gym every other day and five on the floor stretching exercises every morning at home.) The bottom line is this, times have changed, more studies have been done and it would seem that aggressively exercising the back

muscles is the current and latest approach. It's too bad this book has not been updated. My advice for anyone with back problems, see a physical therapist (after seeing your family doctor), a therapist who either recently graduated or one who has kept up with the literature. My two cents. Dave Horne

There are a great many tips and many of them work. I would recommend this book.

I bought this book before seeing a neurosurgeon. He sent me to therapy. Most of the exercises are just what the therapists prescribed. The problem still needs surgery, but the book has a lot of good information for those who aren't facing something that can't be fixed with exercise.

Very informative and love the fact that it's not in a bunch of medical terminology so I can understand it. I had disk fusion surgery and my new pain management Dr. Recommended this to me.

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