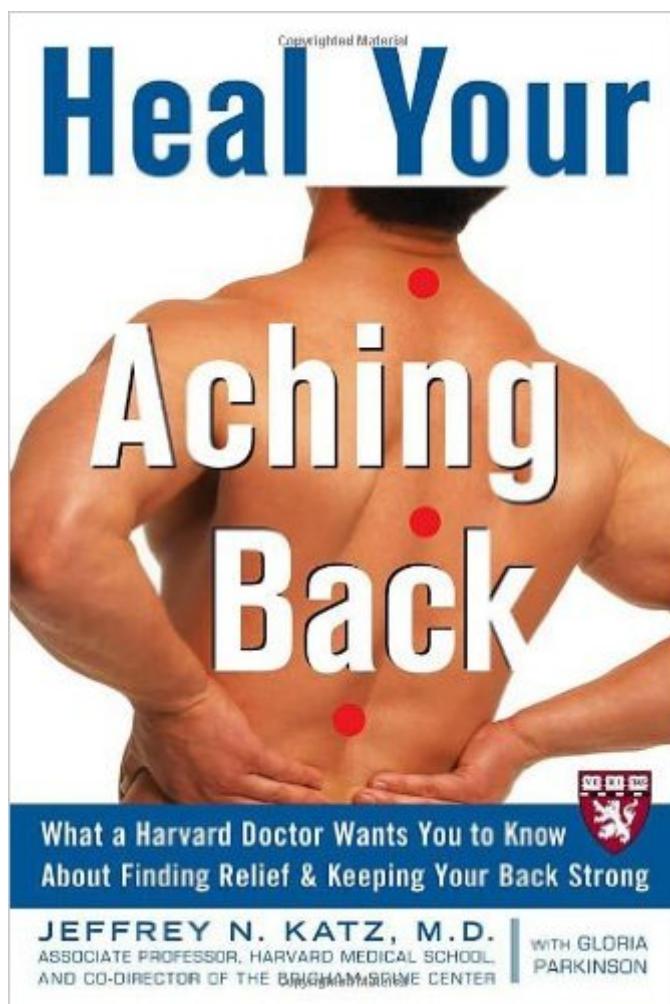


The book was found

Heal Your Aching Back: What A Harvard Doctor Wants You To Know About Finding Relief And Keeping Your Back Strong (Harvard Medical School Guides)



Synopsis

Take back your health, your fitness, and your life This authoritative and comprehensive guide, written by a Harvard doctor who has struggled with back pain himself, will help you find the real cause of your problem--and the smartest way to treat it. This simple step-by-step program will show you how to: Get the right diagnosis for your type of back pain Find the most effective treatment, including complementary therapies Control pain through specific exercises, massage, and yoga Avoid surgery, prevent reinjury, and strengthen your back for life Dr. Katz also gives you the most up-to-date information on chiropractic care, new pain medications, alternative physical therapies, and back surgery.

Book Information

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Customer Reviews

Dr. Katz thoroughly covers the many aspects of back pain in a straightforward, easy to understand manner. At times, it seems like he is sitting with you explaining the material. I particularly liked the sections on the reasons for having pain, how to navigate the health care system and partner with your doctor, the review of medications, a honest review of the evidence for nontraditional treatments, and the strong support for nonsurgical options. This book beautifully accomplished the goal of a self-help book: it puts knowledge of the problem and treatment options and a "take charge" attitude into the hands of the people who need it most, in this case the person with back pain. This book has something for everyone who suffers with back pain. Regardless of whether you are new to

back pain or someone who has dealt with it for years, this book will help you maximize your health while managing your back.

Chances are excellent that someone close to you suffers back pain. Few people manage to avoid completely the pain of wrenched, twisted, strained or pulled back muscles. Most of the time, back injuries are minor and the pain eventually dissipates. But millions of people suffer relentless, agonizing back pain that prevents them from living normal lives. They go from specialist to specialist, frustrated by different diagnoses and unable to escape the pain. Back in 1984, Harvard University's Dr. Jeffrey Katz realized through his own experiences with back pain that the medical profession knew little about how to treat it. He decided to specialize in musculoskeletal problems and to dedicate his career to helping those who suffer back pain. Katz has done all the heavy lifting for his readers. His book is easy to understand and helpful, with clear illustrations and charts. We highly recommend it to those who already suffer from back pain and want a head start at the doctor's office.

Explains all causes and all treatments including alternative medicine and exercising without any of the biases normally found with different practitioners. A good discussion of pain management. Pain management is a team effort of anti-inflammatories, pain meds, exercise and mental outlook. As a 7 year survivor of back fusion, I find his information right on.

I'm very glad I purchased this book, as it is well written, easy to understand and very thorough. Dr. Katz discusses the anatomy of the back, the causes of back problems, medications, treatments, surgery and much more. I would recommend the book to anyone who has back problems and wants help knowing what to do about them.

I found it informative, a good general overview written for a wide audience. It inspired changes in my own search for treatment so I would take that as success.

This book has greatly helped me understand that problems with my back. It offers different solutions and helps with the meaning of words my doctor uses.

If you've ever wanted to know about back issues, this book describes it all. It is a very thorough summary of the different types of back pain and treatment options. It is still an overview, but I would

recommend it to anyone who has experienced back pain and wants to learn more.

GIVES YOU REALISTIC IDEAS OF WHAT TO EXPECT IN TERMS OF TREATMENT AND HEALING. ALSO GIVES ALTERNATATIVES TO BACK SURGERY.

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