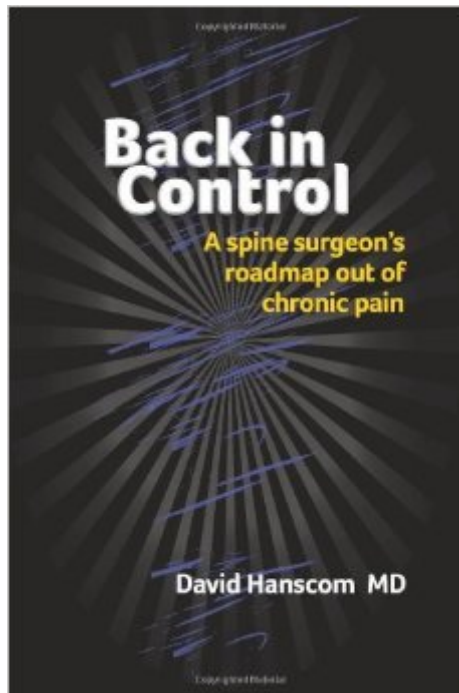


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# Back In Control: A Spine Surgeon's Roadmap Out Of Chronic Pain



## Synopsis

In *Back in Control*, Dr. Hanscom focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. Beyond any other book about back pain, *Back in Control* reveals how to quiet a turbocharged central nervous system and make a full recovery. His life-changing system has helped hundreds of patients heal their pain. These patients' stories, as well as his own, show that you can take charge of your care and set yourself on the road to a healthy, rich and full life.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (192 customer reviews)

Best Sellers Rank: #57,963 in Books (See Top 100 in Books) [#11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) [#99 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) [#316 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

Updated comments: after a thorough reading the most helpful comment I can make is that if you or anyone you know is considering spinal fusion for soft-tissue injury or especially for unknown neck/back pain, this brand new book by a neurosurgeon who performs scores of them and has since the mid-80s is mandatory reading ! although the book's main theme is getting rid of chronic pain .. His most urgent message is that patients often--very very often--find that not only does spinal fusion not ease their pain: it is frequently the beginning of a lifelong hell of much worse pain and useless regret. Dr. Hanscom writes that patients become convinced they need fusion despite the dismal prognosis. He won't perform it without a structural defect that can be fixed. The patients he turns down find another doc with different criteria. I had fusion surgery in June 2012 for a burst fracture of L1: a no-brainer that fixed my hideous pain. My surgery was an emergency, no mulling it over. I didn't know the dark side of fusion. Imagining waking up with WORSE pain after surgery

makes my blood run cold. Just look at web forums re fusion and it's instantly clear that unwarranted fusions cause much more suffering and even ruin many lives. I'm not touting the book: get answers free on the author's website, [backincontrol.com](http://backincontrol.com). Spread the word to those you care about. Btw, the author is my neurosurgeon, who did a beautiful fusion on me in June 2012. He doesn't know I'm reviewing his book. I just feel his message is a literal lifesaver if people can only get it before it's too late.

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