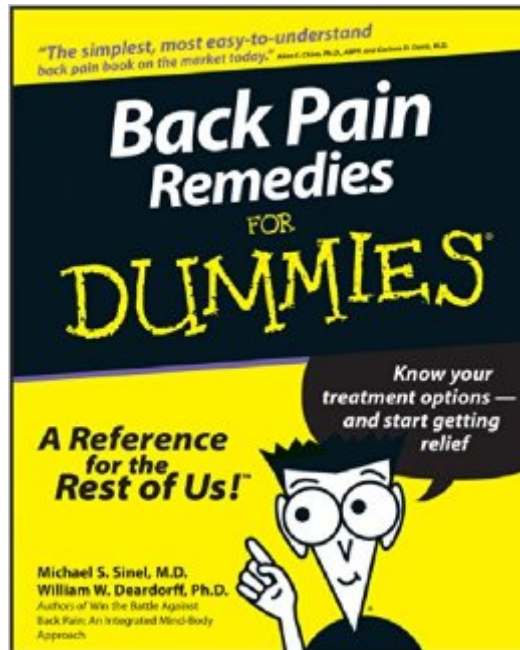


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# Back Pain Remedies For Dummies



## 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

Paperback: 388 pages

Publisher: For Dummies; 1 edition (May 25, 1999)

Language: English

ISBN-10: 0764551329

ISBN-13: 978-0764551321

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (39 customer reviews)

Best Sellers Rank: #576,652 in Books (See Top 100 in Books) #87 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Backache #269 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #611 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## **Customer Reviews**

This book is laying on the floor next to my bed. Why? I do the exercises every morning, and refer to the chapter to make sure I don't miss any. I do most of the exercises on the floor, so that's where the book lives. It is a part of my life now. I've suffered from low-grade back pain for years, and learned a lot from this book. I especially like the integrated mind-body approach, the solid, realistic information about the mechanics of the spine, and the practical advice for care and recovery. I've spoken with a chiropractor and an MD about my back problems, and the advice they gave me is identical to the advice in this book -- and the book was far less expensive. Unless you were injured, your back took years to get into its current condition, and it will take a while to improve. This book is a first-rate map of the road to recovery.

As an orthopaedic surgeon, I try everything possible to avoid surgery on back pain patients. This book outlines great strategies to deal with back pain in ways which don't involve surgery. Although operations have their place, every non-surgical option within reason should be explored first. This book is a well-written guide to that process and should be required reading for any patient contemplating surgery for back pain.

Drs. Sinel and Deardorff have done it again! Back Pain Remedies for Dummies is at the top of my recommended readings list for patients with back pain problems. Educating pain sufferers about the causes, treatments, and self-help options, this book puts you in charge of pain reduction and prevention. Each chapter is filled with useful information presented in a clear and interesting manner covering everything you need to know about back pain and its treatment. A must read for anyone who has ever been troubled by back pain or who wants to prevent such problems. Louis F. Damis, Ph.D., ABPP; Fellow, American Academy of Clinical Health Psychology; Florida Hospital Rehabilitation and Sports Medicine

When you or someone you love is suffering from back pain, you want to know you are making the best choices about treatment. With advances in modern medicine and alternative therapies, those choices are more plentiful than ever. Finally in a single source, this book offers clear, concise, and

most importantly, accurate information that can be immediately put to use on managing back pain. Besides the usual explanations you would expect to find in a well done book on back pain, it also goes into such explanations as why some people with serious injuries experience little pain, while others with relatively minor injuries suffer far more. Other topics include up-to-date conservative non-invasive and invasive treatment, why exploratory surgery is NEVER appropriate, a surprisingly fair and well written chapter on chiropractic and back pain and an interesting chapter on how your thoughts and emotions effect your back pain. For the docs, if you've been looking for a better way to answer ALL, and I do mean ALL of those questions on sex and back pain, do what I did, just buy the book and make it available for your patient to read. I have over 1,000 health books in my library, but I must say after reading that chapter even I learned a few things or two. Overall I found it to be an invaluable guide for consumer and clinicians alike.

Having had back problems for almost 15 years, I have read just about every book available. Back Pain for Dummies is by far the best. It delivers very practical and easy-to-understand advice and practices that helped me more than a dozen chiropractors ever did. This book should be in the waiting room for every back specialist in the country. If I ever get to meet this Dr. Sinel, I'm going to give him the biggest bear hug ever (keeping my back straight, lifting with my legs...)

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

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