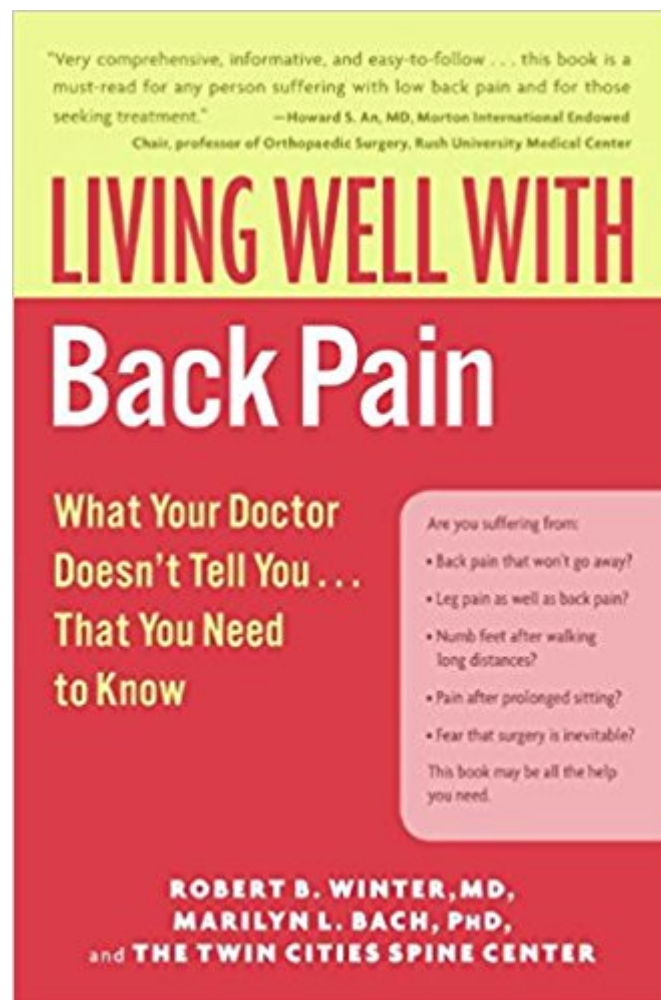




The book was found

Living Well With Back Pain: What Your Doctor Doesn't Tell You...That You Need To Know (Living Well (Collins))



Synopsis

If you're one of the millions of Americans suffering from back pain, Robert B. Winter, Md, and Marilyn L. Bach, PhD, have the answers and knowledge you need to effectively manage your condition. In *Living Well with Back Pain*, Winter and Bach draw on an extensive network of experts to bring you the latest information on: Diagnosing and even eliminating the problem Exercise programs and over-the-counter drug treatments Choosing the right medical practitioner When surgery and other invasive procedures are not needed The authors are affiliated with an internationally renowned back treatment center, the Twin Cities Spine Center, which has treated tens of thousands of back pain sufferers. Their expertise and up-to-the-minute knowledge make this the most comprehensive, current, and accessible back pain book available.

Book Information

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Customer Reviews

â [A] must read for any person suffering with low-back pain and for those seeking treatment.â
(Howard S. An, M.D., the Morton International Endowed Chair, Professor of Orthopaedic Surgery, Rush University Medical Center)
â As a spine surgeon with over 35 years of experienceâ | I will definitely recommend it to my patients.â
(Mark D. Brown, M.D., Ph.D., Professor & Chairman, Department of Orthopaedics & Rehabilitation, Leonard M. Miller School of Medicine, University of Miami)
â The information is scientifically sound and is written by one of the giants of spinal care, Dr. Robert Winter.â
(Dale E. Rowe, MD)
â [P]rovides comprehensive information regarding the

various evidence-based treatment options availableâ [Will guide [patients] into appropriate treatment pathways.â • (Thomas G. Lowe, MD, Clinical Professor - Orthopaedics, University of Colorado Health Sciences Center, Woodridge Spine Center, PC)â œ[A] reader-friendly, comprehensive guide that will prove invaluable for persons with back pain.â • (Darlene Kvist, M.S., C.N.S., L.N., Director, Nutritional Weight and Wellness, Saint Paul, Minnesota)â œVery well written....easy to read and covers EVERYTHING. I wish I had had [this book] before my surgery.â • (Arlyne Selvestra, back pain patient)â œ[E]xtremely comprehensive, easy to read, and...full of important information and references.â • (Patricia Brahm, back pain patient)â œA must-have resource for anyone who is experiencing back pain or who is considering surgery.â • (Lisette Wright, back pain patient)â œLIVING WELL WITH BACK PAIN is unique in breadth and scope.â • (Alfred Messoré, MD, Psychiatrist, American Board of Psychiatry and Neurology; Former Program Director, Washington Psychiatric Society)â œ[J]ust what the spine doctor ordered...invaluable.â • (Clifford B. Tribus, MD, Associate Professor, University of Wisconsin Department of Orthopedics and Rehabilitation)â œThis is a very comprehensive book about back pain that covers all aspects of treatment...clearly written and easily understandable.â • (Leon Root, MD, Department of Orthopaedic Surgery, Hospital for Special Surgery)â œThe authors EMPOWER patients to take charge of their back pain...cutting-edge and easy to follow.â • (Alex Vaasen, L. P, Senior Staff and Quality Co-coordinator, Department of Physiotherapy, Leiden Medical Center, Leiden, the Netherlands)â œA welcome addition to the body of literature on this important subject.â • (Janice T. Sacks, Vice Chair, Scoliosis Association, Inc.)â œA fireside chat for back pain sufferers, with all the tools a patient needs to conquer back pain...Highly recommended.â • (Ronald Moskovich, M.D., F.R.C.S., Associate Chief, Spine Surgery, NYU Hospital for Joint Diseases)â œI strongly recommend is to anyone who has back pain, has had back pain, or wants to...avoid back pain.â • (William C. Lauerma, MD., Georgetown University Hospital, Department of Orthopaedics)

Robert B. Winter, MD, is one of the founders of the Twin Cities Spine Center, and currently serves as a research consultant there. He is a clinical professor in the University of Minnesota Department of Orthopaedic Surgery.

So glad I ordered this book, a thorough description of different back conditions including vertebrae, supporting muscles and ligaments with visuals. Discussion of several different interventions for pain relief, including those to avoid for certain conditions. Practical approaches to choose and work with various health care professionals, the pros and cons of surgical interventions and when surgery is

actually the right choice. It gives the reader information to make safe decisions and the confidence to take control of their pain. Much of the information is familiar to me, but there were many new approaches and explanations that helped me to understand the "why" of so many variables.

I ordered this book when I had my first back "crisis" . Facing surgery, injections,unable to work.....It helped me to find the kind of medical help I needed, what questions to ask,how I could be confident in the medical providers I chose and what to expect. It was a Godsend and I read it repeatedly the first 2-3 months as I worked thru this crisis. It was written by a local orthopedic group from the Twin Cities, Mpls and St Paul which intrigued me to begin with and was a local provider for me. Though I did not use this group I did learn they were very qualified and credentialed, doing lots of research along with their practices as well as teaching positions. If I ever need an orthopedic evaluation in the future I will definitely see them if possible . It's not easy getting a last minute appointment with these folks and after reading the book I understand why. They are excellent and have written an excellent book to help you find the treatment and know what to expect when having back problems.

ok

great book!

Dr. Winter performed my spinal fusion to correct scoliosis in 1978. Obviously I was very interested in this book because he wrote it; not because I have back pain :-) I have been working with a personal trainer so I was most interested in the chapter "Keeping Your Back Healthy and Strong" to compare the exercises in my workout with what Dr. Winter and Dr. Bach recommend. This is an excellent reference book for anyone needing info on back exercises, back problems/pain, and selecting a physician.To show you the kind of people these 2 doctors are, I would like to quote a paragraph from this book:"...if the doctor tells you that your problem is chronic back pain, then get out of his or her office and find someone else. This is not a diagnosis; all the doctor has done is put a name on what you already knew you had. You deserve a real diagnosis and correct treatment, not a restatement of the obvious."Advice at it's best.

loved the book!It truly contains information that builds a healthier and stronger spine but your doctors don't tell you. I have seen many doctors and felt these doctors just make profit from patients' illness and don't solve the problem. This book is a prevent care and also treatment.

Anyone whose back is stressed, such as people who work in front of computers a lot and have back pain, definitely should have this book and stretch according to the instructions in this book!

The first two chapters in the book make it worth the cost and the information in any Appendix makes it priceless. A word of caution, this book doesn't cover neck pain, but concentrates on the rest of the spine. I learned so much from keeping my back healthy to how to choose a physician if needed to finding legitimate web sites on the internet. This book is sure to help anyone who either has back or leg pain (often caused by back issues), anyone who loves someone with sort of pain, and those who wish to keep from having such pain. I can't recommend it enough.

This book is right on the mark and very well organized and presented. Back pain is a very common ailment and there are lot's of treatment alternatives. This book discusses a wide variety, but leaves the choices to the reader and advises the reader to take charge of their own health. I would recomend for anyone who has chronic back pain.

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