

Back Issues

John E. Sarno

Healing Back Pain John E. Sarno,2001-03-15 Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain--and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

Back Pain Andrew J. Haig,2005 Back pain is a complex tangle of social, psychological, physical, and medical factors that frustrates disease-orientated physicians and excites physical medicine and rehabilitation types. For this problem, diagnosis-treat-cure is supplanted by rehab strategies to minimize impairment, disability, and handicap. Physical medicine approaches to cure and rehabilitation approaches to quality of life are centerpieces of back pain management. The newest volume in the ACP Key Diseases series, Back Pain presents 40 chapters of vital information divided into five sections: Back Pain Basics; Acute, Subacute, and Chronic Back Pain; and Special Issues, including pregnant and elderly patients, and athletes and younger patients. Clinicians will find this an invaluable resource for successful back pain therapy.

The Complete Idiot's Guide to Back Pain Jason Highsmith M.D.,Jovanka Milivojevic,2011-02-01 Leave back pain behind. For the millions of back pain sufferers, the causes can be numerous, making the search for relief frustrating and complex. The Complete Idiot's Guide® to Back Pain and its expert authors explain the many causes of back pain and provide the best methods and techniques for relief and prevention of back pain and maintaining a healthy back. • Do-it-yourself relief • Conventional and alternative options • Chronic pain management • Exercises, yoga, and Pilates to keep the back healthy

Neck and Back Pain Alf L. Nachemson,Egon Jonsson,2000 Written by world-renowned spine physicians, this volume presents a global view of what is known about neck and back pain. This evidence-based book emphasizes cost-effective diagnosis and treatment. Twenty-one chapters cover topics that range from epidemiology, psychological factors, and work-related influences to surgical and nonsurgical treatments, a review of social security systems, and recommendations.

The Back Pain Book Mike Hage,2004 In 'The Back Pain Book', physical therapist Mike Hage shows readers how to take control of back problems through self-treatment. Instead of addressing specific medical diagnoses, medications, surgery, or nutritional adjustments, Hage gives advice on how to use posture and movement to ease, relieve, and prevent your pain.

The Back Pain Revolution Gordon Waddell,2004-03-01 Accessible to all health care professionals, this text provides a guide to understanding and managing back pain and is one of the premier examples of a biopsychosocial approach to medicine. The content challenges unsubstantiated beliefs regarding the best way to treat and manage back pain and presents an interdisciplinary debate on the subject. In a society where patients are demanding more effective approaches to their problems, this resource offers a radical rethink, a necessary step to achieving a more effective method of treatment. The unorthodox spirit of this material places this book at the center of the revolution taking place in the back pain area. Gordon Waddell is the world authority on the topic of the back pain revolution. The content addresses huge problems of concern to many disciplines and governments. The unbiased, open-minded view looks at the issues and the evidence and invites the readers to consider, debate, and agree on the best course of action. Comprehensive coverage of all aspects of the problem offers both interventionist and conservative approaches to treatment, psychosocial issues, economic factors, patient education, and prevention. A new chapter on Occupational Health Guidelines keeps the reader up-to-date. New information allows the book to expand on the insights of the previous edition, which was considered a classic text. More social and work-related research and material provides information on these important issues. Updated guidelines and references make this resource one of the best for current practice. The new illustrations, graphs, tables, and education handouts present Waddell's theory in a fresh, new way that aids in the reader's understanding.

Back in Control David Hanscom,2016-11-18 If you are suffering from chronic pain, or know someone who is, Back in Control could change your life. Dr. David Hanscom, a spine surgeon and fellow sufferer, shares with you what finally pulled him out of the abyss of chronic pain after 15 years--without surgery or addictive medications. Instead, his approach to treatment 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. More than any other book about pain, Back in Control reveals how to quiet a turbocharged central nervous system, relieve the anxiety and depression that often accompany chronic pain, and make a full recovery. Back in Control offers a self-directed healing approach that has evolved from Dr. Hanscom's personal experience, as well what he has learned from successfully treating hundreds of patients. The book: Provides a proven solution to end chronic pain - Dr. Hanscom's treatment model has helped hundreds of patients move from managing pain to becoming pain free. Doesn't require surgery or meds - The approach presented in Back in Control helps you eliminate chronic pain without the risk of surgery or side effects of medications. Puts you in control - Back in Control provides tools for eliminating pain that you can use on your own or as part of an ongoing treatment plan, to take back control of your care and your life. Applies to any type of chronic pain - The principles in Back in Control apply to any chronic pain condition, for example back pain, neck pain, hip pain, joint pain, fibromyalgia and sciatica, to name a few.

Physical Therapy Management of Low Back Pain Julia Chevan,Phyllis A. Clapis,2013 Physical Therapy Management of Low Back Pain: A Case-Based Approach provides a detailed review of the theory and practice of a variety of approaches to treating low back pain using a case-based approach. The important features of nine major orthopaedic physical therapy approaches are explained and practical application of each approach is demonstrated via a single patient case. This controlled overview enables instructors and students to analyze, compare and contrast the options in physical therapy treatment with detailed information on intervention. Physical Therapy Management of Low Back Pain: A Case-Based Approach will give students a helpful reference point to better prepare for clinical work.

Mind Over Back Pain John E. Sarno,1986-04 A physician-professor of clinical rehabilitative medicine explains tension myositis syndrome, back pain caused by tension, and outlines ways in which that pain can be reduced or eliminated through control of stress and physical reactions

Yoga for Back Pain Loren Fishman,Carol Ardman,2012-05-14 To many of his patients [Dr. Fishman] is a miracle worker. –Jane E. Brody, New York Times “Stunningly innovative. . . . This is the first book in which the different causes of back pain are identified and assigned appropriate yoga poses. Individuals of any age, even those unfamiliar with yoga, will be able to follow Dr. Fishman's simple instructions.” –Joan White, Iyengar Yoga National Association of the United States Let internationally renowned rehabilitation specialist Loren Fishman, MD, be your personal instructor for a healthier back! With down-to-earth techniques and instruction for all levels, Cure Back Pain with Yoga helps you: • distinguish between the nine major causes of backache; • target your source of pain through diagnosis-specific yoga poses; • manage, reduce, and ultimately end your pain. Depending on the severity and chronicity of your pain, the postures in this guide, described in detail and

illustrated by photographs, will help you determine how to start your own yoga practice or alter your existing practice in order to achieve lasting comfort and strength.

Pain ,2001

Back Pain Remedies For Dummies Michael S. Sinel,William W. Deardorff,1999-06-10 Get back in control of your back pain 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 of 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.

Crooked Cathryn Jakobson Ramin,2017-05-09 The acclaimed author of Carved in Sand—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, Crooked offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With Crooked, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

Low Back Disorders Stuart McGill,2007 This second edition of 'Low Back Disorders' provides research information on low back problems and shows readers how to interpret the data for clinical applications.

Maggie's Back Book Maggie Lettvin,1976 A teacher and public-television personality outlines a program of exercises and other strategies for alleviating and eliminating forms of lower-back pain

Foundation Eric Goodman,Peter Park,2011-05-10 A sense of fatigue dogs the fitness world. Many of the new programs that are tagged as groundbreaking are actually recycled ideas. Foundation offers something completely different for novices and athletes alike: a simple program with powerful and proven results that will remedy bad posture, alleviate back pain, and help readers break through fitness challenges and plateaus. Dr. Eric Goodman, a brilliant and dynamic young chiropractor, teams up with Peter Park, one of the top trainers in the United States, to radically redefine the core—shifting the focus from the front of the body to the back. Their groundbreaking approach works to strengthen the lower back and the full posterior chain and correct poor movement patterns by addressing mechanical imbalances and weaknesses. Foundation training involves simple movement patterns and is equipment free, creating maximum power, flexibility, and endurance. Word-of-mouth enthusiasm has inspired both Hollywood luminaries and world-class athletes to make Foundation training the core of their fitness programs. Eric and Peter's client list has grown exponentially to include Lance Armstrong, NBA star Derek Fisher, world-champion surfer Kelly Slater, and actor Matthew McConaughey.

Low Back Ache Wilson Patchett,2021-07-26 The low back, also called the lumbar region, is the area of the back that starts below the ribcage. Low back pain takes various forms, from a persistent dull ache to sudden sharp pain, and has many causes. Sometimes it results from a sprain, fracture, or another accidental injury. This book helps you can find the best ways to break this ached cycle. The human spine is inherently unstable without its musculature and importantly low back pain leads to reduced muscle strength and slower and less recruitment of the key deep stabilizers. To decrease low back issues and the incidence of backache, conditioning, rehabilitation, and injury prevention programs should focus on robust, mechanically effective, and efficient movement patterns. You'll enhance backache exercise. With the combination of static endurance components of the muscles and tendons of the spinal extensors combined with the freedom of the pelvis, you'll prevent and control lower back issues. This is a key for your back health.

Spinal Control: The Rehabilitation of Back Pain E-Book Paul W. Hodges,Jacek Cholewicki,Jaap H van Dieen,2013-08-19 For the first time, international scientific and clinical leaders have collaborated to present this exclusive book which integrates state-of-the art engineering concepts of spine control into clinically relevant approaches for the rehabilitation of low back pain. Spinal Control identifies the scope of the problem around motor control of the spine and pelvis while defining key terminology and methods as well as placing experimental findings into context. Spinal Control also includes contributions that put forward different sides of critical arguments (e.g. whether or not to focus on training the deep muscles of the trunk) and then bring these arguments together to help both scientists and clinicians better understand the convergences and divergences within this field. On the one hand, this book seeks to resolve many of the issues that are debated in existing literature, while on the other, its contributing opinion leaders present current best practice on how to study the questions facing the field of spine control, and then go on to outline the key directions for future research. Spinal Control - the only expert resource which provides a trusted, consensus approach to low back pain rehabilitation for both clinicians and scientists alike! Covers the most important issues in spine control research Illustrates the clinical relevance of research and how this is or can be applied in clinical practice Edited and written by world leading experts, contributing first class content on different aspects of spine control Chapters that bring together the expertise of these world leaders on topics such as neuromotor mechanisms of spine control, proprioception, subgrouping in back pain and modelling spine stability An extensive and illustrated clinical consensus chapter that brings together the philosophies of clinical opinion leaders for the first

time

The Low Back Pain Handbook Andrew J. Cole, Stanley A. Herring, 1997 An authoritative guide to the evaluation and practical management of low back pain, one of the most frequently encountered workplace disability problems. The book furnishes clear advice on diagnosis, clinical presentation, and therapeutic intervention, also covered are workmen's compensation, chronic pain programs, disability evaluations, and legal issues.

Take Back Your Back Beth Murinson, 2011-01-01 Although back pain is common, the fix isn't. Take Back Your Back shows you how to diagnose and manage your particular back pain and alerts you to red flags and often-misdiagnosed issues that may worsen your condition. -Do you have non-radiating pain on one side of the spine? Your issue may be Muscle Injury, and you need to control inflammation. -Does your pain shoot down the leg? You may have a Slipped Disc that requires physical therapy and possibly surgery. -Does your pain worsen with sitting and ease off with walking? You may have Sciatic Nerve Compression and need special stretching exercises. Leading back pain expert Beth Murinson, M.D., director of pain education at Johns Hopkins School of Medicine, brings together the latest science on back pain diagnosis and treatment from medications and surgical procedures to traditional physical therapy to alternative modalities such as acupuncture, meditation, and water and inversion therapies that are showing promise. For each condition and procedure, you'll learn what to expect in the hospital or the doctor's office, what self-therapy solutions you can do on your own, and when to seek out intervention. Detailed illustrations and easy-to-understand descriptions help you select the best treatment options to improve your unique type of back pain and live a back-healthy life.

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