

The **Back Pain** Sourcebook

SECOND EDITION

Everything You Need to Know About:

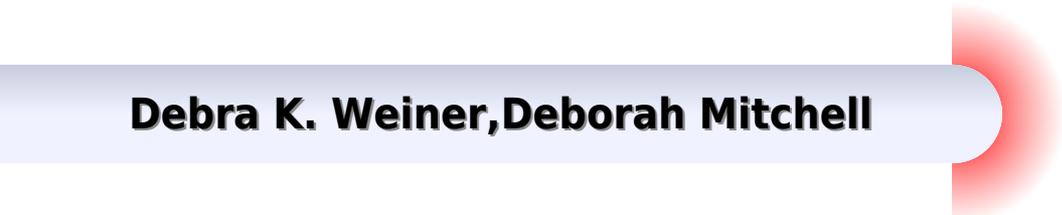
- Causes of back pain, including injury, stress, arthritis, herniated disks, scoliosis, and leg discrepancy
- Conventional treatment methods and surgery
- Alternative treatments, including chiropractic, acupuncture, Feldenkrais, and reflexology
- Preventive techniques and exercises to help strengthen and heal backs



STEPHANIE LEVIN-GERVASI
FOREWORD BY JAMES F. ZUCHERMAN, M.D.

Back Pain Sourcebook

Debra K. Weiner, Deborah Mitchell



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The Back Pain Sourcebook Stephanie Levin-Gervasi,1998 **The Back Pain Sourcebook** Stephanie

Levin-Gervasi,1998 The Back Pain Sourcebook is a complete guide for the back pain sufferer offering information on why backs hurt and what people can do to relieve the pain including the latest treatments and medications This updated edition includes expanded information on problems such as herniated disks bone spurs back sprains arthritis pain tumors and infections The book explains preventive techniques and exercises to help strengthen and heal bad backs and presents alternative healing methods such as Rolfing shiatsu acupuncture yoga Mensendieck Feldenkrais and reflexology *Back*

and Neck Sourcebook Amy L. Sutton,2004 Provides basic consumer health information on prevention diagnosis treatment care and management of back and neck pain injuries and disorders Includes index glossary of related terms and directory of resources Provided by publisher *WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT (TM): BACK PAIN* Debra K.

Weiner,Deborah Mitchell,2007-04-24 In this authoritative guide Dr Weiner has distilled 20 years of research and clinical practice into an integrative six step program to help relieve and eliminate back pain Millions of Americans suffer from chronic back pain but what most don t realize is that their ailment is often caused by a combination of factors According to Dr Debra K Weiner identifying the disorders that contribute to chronic back pain is a critical part of the treatment process To achieve lasting relief a multifaceted multidisciplinary approach is needed no single pill or therapeutic procedure will solve the problem Readers will learn how to identify the causes of their back pain and determine which treatments are most useful how to distinguish their problem from potential misdiagnosis traditional and alternative physical therapies and exercises proven mind body approaches a guide to common medications and injections pros and cons of different surgeries and invasive procedures and much more **Pain Sourcebook** Karen Bellenir,2013 Provides basic consumer health information

about the causes and management of various types of acute and chronic pain along with prevention strategies and coping tips Includes index glossary of related terms and other resources **Smart Guide to Maximizing Your 401(k) Plan** Barbara Hetzer,1999-08-18 Mit der Reihe Smart Guides hat Wiley einen neuen gro en Artikel auf den Markt gebracht der speziell f r Anf nger mit geringem Vorwissen konzipiert wurde Je nach Themenbereich finden Sie in den Smart Guides alles Wissenswerte ber Gesundheit Finanzen Zukunftsplanung etc Und jetzt sind die Smart Guides noch umfangreicher mehr als 45 Extraseiten prallvoll mit Tips und Informationen bersichtlich und leicht verst ndlich Das Buch ist f r den Leser gedacht der schnell verst ndliche Informationen braucht das Wichtigste zu allgemeinen Themen und zwar verst ndlich geschrieben und gut erkl rt mit optischer Hervorhebung Balken Info Box Symbole der Kernaussagen Jeder Guide liefert Ihnen genau die Information die Sie brauchen und verzichtet auf berfl ssiges Maximising Your 401 k Plan enth lt Finanzinformationen dazu wieviel Sie einsetzen sollten wie Sie Ihre Anlagen und damit Ihr Risiko streuen k nnen und wie Sie ein starkes Portfolio aufbauen Er nennt Strategien f r Freiberufler f r den Jobwechsel oder f r den Weg aus der Arbeitslosigkeit und gibt Tips zu

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