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Low Back Pain FAQs (Hardback)

By -

B.C. Decker Inc, Canada, 2007. Hardback. Condition: New. Language: English . Brand New Book. Chronic pain in the lower back is the most common cause of disability for persons under 45 years of age. Low Back Pain FAQs, part of the Geisinger Healthcare System FAQs series, is intended as a patient education resource for those who suffer from the acute or chronic misery associated with this troublesome condition. The authors provide brief, focused answers to common questions raised by their patients with the goal of empowering patients to cope more effectively and ease the pain. Sometimes back pain signals that a more serious problem may be present. The book helps patients understand when surgery is necessary, and when relief can be achieved through exercise and lifestyle changes only. The most effective strategy is of course, prevention. The text offers crisp, detailed graphics that enhance the presentation of key concepts, diagnosis (CT, MRI), and various treatment modalities. As with all titles in the FAQ Series, this book works to educate patients and provide concise, current information for common ailments.



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