

1. Record Nr.	UNINA9910698532303321
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Titolo	Back pain [[electronic resource] /] / John Lee, Suzanne Brook, Clare Daniel
Pubbl/distr/stampa	Oxford, : Oxford University Press, 2009 [Bethesda, Md.] : , : U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, , [2005]
ISBN	0-19-158031-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (viii, 134 p.) : ill
Collana	The facts series
Altri autori (Persone)	BrookSuzanne <1967-> DanielClare <1966->
Disciplina	617.564
Soggetti	Backache Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP. Includes index.
Nota di contenuto	SECTION 1 - UNDERSTANDING BACK PAIN; 1. How is the back constructed?; 2. What is back pain?; 3. Scans, x-rays and that word 'degenerating'; 4. How did the pain get to take over my life?; SECTION 2 - MEDICAL TREATMENTS; 5. What different types of professionals could help?; 6. Can my back pain be cured by injections or surgery?; 7. Can I take medications for my pain?; SECTION 3 - SELF TREATMENTS; 8. Thoughts and feelings; 9. Communication; 10. Relaxation; 11. What is the role of exercise and movement?; 12. How much activity can I do?; 13. Specific stretches and exercises; SECTION 4 - BRINGING THINGS TOGETHER: REAL PATIENTS' TALES; 14. Coping with a new pain: what can I expect from treatments?; 15. Making sense of scan results and finding a cure; 16. Home life is difficult; 17. Nights are the worst time; 18. My pain has got a whole lot worse; Internet resources
Sommario/riassunto	This title provides the reader with an in-depth understanding of why chronic back pain develops and what makes it persist. Practical help is given to promote self-management with advice on stretching, exercise, relaxation, and managing thoughts and feelings associated with long

term pain.
