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Titolo	Back pain [[electronic resource] /] / John Lee, Suzanne Brook, Clare Daniel
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (143 p.)
Collana	The facts series
Altri autori (Persone)	BrookSuzanne <1967-> DanielClare <1966->
Disciplina	617.5/64
Soggetti	Backache Pain
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Contents; 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?; 8 Thoughts and feelings; 9 Communication; Section 3 Self-treatments; 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 and real patients' stories14 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; Appendix: Internet resources; Index; A; B; C; D; E; F; G; H; I; L; M; N; O; P; R; S; T; V; W; X; Z
Sommario/riassunto	Back Pain: The Facts is aimed at people who want to help themselves. Affecting nearly everyone at some time in their lives, 40% of people will have experienced some form of back pain within the last year, with

around 5% of sufferers taking time off work within the last month. Long-term back pain causes a great deal of distress and unhappiness, affecting work life, income, home life, relationships, fitness and mood. Back Pain: The Facts uses clear, succinct chapters to give advice about every aspect of managing back pain, as well as answering frequently asked questions from sufferers. A key elem
