

1. Record Nr.	UNINA9910972556103321
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Titolo	Low back pain FAQs / / David Gutknecht
Pubbl/distr/stampa	Hamilton, Ontario, : BC Decker, 2007
Descrizione fisica	1 online resource (64 p.)
Collana	FAQs series
Disciplina	617.5/64
Soggetti	Backache - Treatment Back - Diseases
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Intro -- Introduction -- Contents -- What Is Back Pain? -- Who Gets Back Pain? -- How Is the Back Put Together? -- What Causes Back Pain? -- How Is Back Pain Diagnosed? -- How Is Back Pain Treated? -- Are There Any Other Back Pain Treatments? -- What Can I Expect Once Treatment Has Begun? -- What Can I Do to Prevent Back Pain? -- Glossary.
Sommario/riassunto	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.