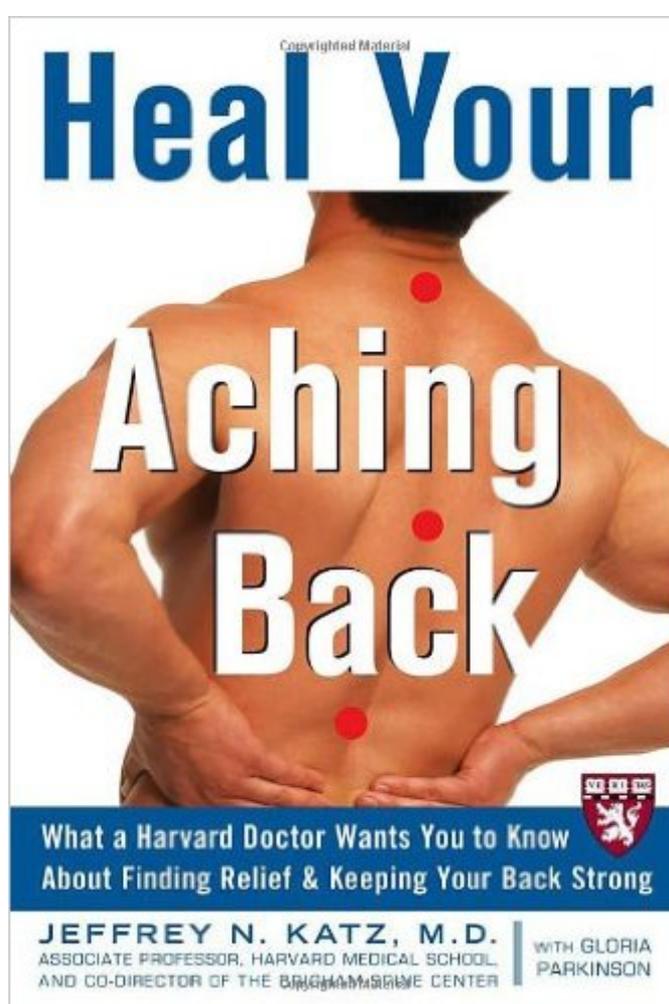


The book was found

# Heal Your Aching Back: What A Harvard Doctor Wants You To Know About Finding Relief And Keeping Your Back Strong (Harvard Medical School Guides)



## Synopsis

Take back your health, your fitness, and your life This authoritative and comprehensive guide, written by a Harvard doctor who has struggled with back pain himself, will help you find the real cause of your problem--and the smartest way to treat it. This simple step-by-step program will show you how to: Get the right diagnosis for your type of back pain Find the most effective treatment, including complementary therapies Control pain through specific exercises, massage, and yoga Avoid surgery, prevent reinjury, and strengthen your back for life Dr. Katz also gives you the most up-to-date information on chiropractic care, new pain medications, alternative physical therapies, and back surgery.

## Book Information

Series: Harvard Medical School Guides

Paperback: 272 pages

Publisher: McGraw-Hill Education; 1 edition (January 19, 2007)

Language: English

ISBN-10: 0071467653

ISBN-13: 978-0071467650

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #1,134,763 in Books (See Top 100 in Books) #146 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #475 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #1116 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

Dr. Katz thoroughly covers the many aspects of back pain in a straightforward, easy to understand manner. At times, it seems like he is sitting with you explaining the material. I particularly liked the sections on the reasons for having pain, how to navigate the health care system and partner with your doctor, the review of medications, a honest review of the evidence for nontraditional treatments, and the strong support for nonsurgical options. This book beautifully accomplished the goal of a self-help book: it puts knowledge of the problem and treatment options and a "take charge" attitude into the hands of the people who need it most, in this case the person with back pain. This book has something for everyone who suffers with back pain. Regardless of whether you are new to

back pain or someone who has dealt with it for years, this book will help you maximize your health while managing your back.

Chances are excellent that someone close to you suffers back pain. Few people manage to avoid completely the pain of wrenched, twisted, strained or pulled back muscles. Most of the time, back injuries are minor and the pain eventually dissipates. But millions of people suffer relentless, agonizing back pain that prevents them from living normal lives. They go from specialist to specialist, frustrated by different diagnoses and unable to escape the pain. Back in 1984, Harvard University's Dr. Jeffrey Katz realized through his own experiences with back pain that the medical profession knew little about how to treat it. He decided to specialize in musculoskeletal problems and to dedicate his career to helping those who suffer back pain. Katz has done all the heavy lifting for his readers. His book is easy to understand and helpful, with clear illustrations and charts. We highly recommend it to those who already suffer from back pain and want a head start at the doctor's office.

Explains all causes and all treatments including alternative medicine and exercising without any of the biases normally found with different practitioners. A good discussion of pain management. Pain management is a team effort of anti-inflammatories, pain meds, exercise and mental outlook. As a 7 year survivor of back fusion, I find his information right on.

I'm very glad I purchased this book, as it is well written, easy to understand and very thorough. Dr. Katz discusses the anatomy of the back, the causes of back problems, medications, treatments, surgery and much more. I would recommend the book to anyone who has back problems and wants help knowing what to do about them.

I found it informative, a good general overview written for a wide audience. It inspired changes in my own search for treatment so I would take that as success.

This book has greatly helped me understand that problems with my back. It offers different solutions and helps with the meaning of words my doctor uses.

If you've ever wanted to know about back issues, this book describes it all. It is a very thorough summary of the different types of back pain and treatment options. It is still an overview, but I would

recommend it to anyone who has experienced back pain and wants to learn more.

GIVES YOU REALISTIC IDEAS OF WHAT TO EXPECT IN TERMS OF TREATMENT AND HEALING. ALSO GIVES ALTERNATATIVES TO BACK SURGERY.

[Download to continue reading...](#)

Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) Harvard Medical School Guide to Lowering Your Blood Pressure (Harvard Medical School Guides) Harvard Medical School Guide to Healing Your Sinuses (Harvard Medical School Guides) Harvard Medical School Living Wills: A guide to advance directives, health care power of attorney, and other key documents (Harvard Medical School Special Health Reports) The Harvard Medical School Guide to Achieving Optimal MemoryÂ Â [HARVARD MEDICAL SCHOOL GT ACHI] [Paperback] The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) (Paperback) - Common The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) No More Aching Back: Dr. Root's Fifteen-Minute-A-Day Program for a Healthy Back Living Well With Osteoarthritis: A Guide to Keeping Your Joints Healthy (Harvard Medical School Special Health Reports) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Wayne, Peter (4/9/2013) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Simon, Harvey B. unknown Edition [Paperback(2004)] Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Hot Flashes, Hormones, and Your

Health (Harvard Medical School Guides)

[Dmca](#)