



Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less-and What You Can Do to Inform and Empower Yourself in Seeking Treatment (Hardback)

By Richard A. Deyo

Cornell University Press, United States, 2014. Hardback. Condition: New. Language: English. Brand new Book. Over the past twenty years, treatment of back pain has become ever more expensive and intensive. Use of MRI scans, narcotic painkillers, injections, and invasive spine surgery have all grown by several hundred percent. In some areas of medicine, newer treatments have improved quality and duration of life, but as back pain is treated more aggressively, annual surveys of people with back pain report steadily worse impairments. In Watch Your Back!, Richard A. Deyo, MD, proposes an approach to managing back pain, which most adults in the United States experience at some point, that empowers the individual and leads more directly to effective care. Though it may seem counterintuitive, fewer medical interventions may produce better results. Expecting a probe, a pill, or a procedure to cure back pain is usually unrealistic, yet entire industries promote the notion that someone else will "fix" you. Watch Your Back! exposes these flaws in the current approach to back pain, along with the profit motives and conflicts of interest behind many of them. The book dramatizes the problems with stories of prominent individuals who encountered high-tech pitfalls, then found low-tech solutions...



Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber

See Also



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SIMON & SCHUSTER, United States, 2007. Hardback. Condition: New. Language: English. Brand new Book. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result,...



That's Not the Monster We Ordered (Hardback)

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood. Everyone gathers for the occasion. The monster...



The Startup Owner's Manual: The Step-By-Step Guide for Building a Great Company

K & S Ranch, United States, 2012. Hardback. Condition: New. Language: English. Brand new Book. Now a decade after the Four Steps to the Epiphany sparked the Lean Startup revolution, comes its sequel The Startup Owner's Manual. The Manual incorporates 10 years of...



Writing with Hemingway: A Writer's Exercise Book (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. A work of creativity such as an artist's song, a dance, a musical instrument, a paint brush, produce a vision or a sound powerful enough to evoke...



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Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English. Brand new Book. This title features 50 fabulous papercraft projects to make yourself. You can create your own stationery, decorations, toys, games, masks, disguises and accessories. You can make a simple bookmark...



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Little, Brown & Company, United States, 2019. Hardback. Condition: New. Anat Even Or (illustrator). Language: English. Brand new Book. Are your kids too afraid of monsters to fall asleep at night? This whimsical book and its magical no-more-monsters patch could solve ALL...