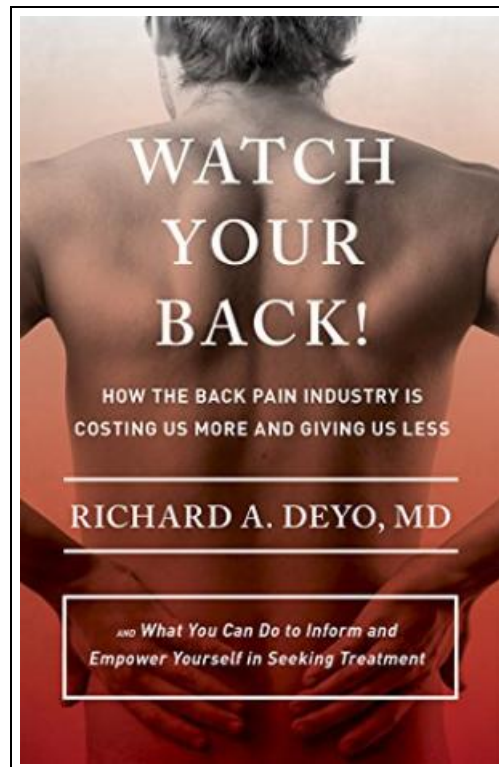


## Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less- and What You Can Do to Inform and Empower Yourself in Seeking Treatment (Hardback)



Filesize: 3.66 MB

### ***Reviews***

*The most effective book i ever read through. It can be rally fascinating throgh looking at time period. Your lifestyle span will be enhance when you complete looking over this publication.*

*(Maribel Kerluke)*

## **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)**

[DOWNLOAD](#)

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 suited to their lifestyles and the nature of their back pain. *Watch Your Back!* will be useful not only for people with back pain but also for doctors and policy makers. Our health care system has a growing interest in reducing waste, overuse, and unnecessary care. There's a consensus that health care is too expensive and that we get too little for the money. Back pain exemplifies a problem for which we can simultaneously improve quality of care and reduce costs.



[Read 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 \(Hardback\) Online](#)



[Download PDF 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 \(Hardback\)](#)

## You May Also Like



### Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits (Hardback)

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...

[Download eBook](#)

»



### 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....

[Download eBook](#)

»



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

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...

[Download eBook](#)

»



### 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...

[Download eBook](#)

»



### Crafty Fun With Paper! (Hardback)

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...

[Download eBook](#)

»

**Hacking the Bomb: Cyber Threats and Nuclear Weapons (Hardback)**

Georgetown University Press, United States, 2018. Hardback. Condition: New. Language: English. Brand new Book. Are nuclear arsenals safe from cyber-attack? Could terrorists launch a nuclear weapon through hacking? Are we standing at the edge of

[Read](#) [ePub](#)

»

**Minecraft Guide to The Nether and the End: An official Minecraft book from Mojang (Hardback)**

Egmont UK Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand new Book. Now that you've mastered the Overworld, the time has come to brave the perilous Nether and End dimensions. But survival will

[Read](#) [ePub](#)

»

**How to Be a Man (Hardback)**

HarperCollins Publishers, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. Are men supposed to be fighters? Lovers? Hunter-gatherers? Fashionistas? Business gurus? Culinary experts? You're wrong if you think one man can't be

[Read](#) [ePub](#)

»

**Addressing Special Educational Needs and Disability in the Curriculum: Religious Education (Hardback)**

Taylor & Francis Ltd, United Kingdom, 2017. Hardback. Condition: New. 2nd New edition. Language: English. Brand new Book. The SEND Code of Practice (2015) reinforced the requirement that all teachers must meet the needs of

[Read](#) [ePub](#)

»

**Scientific and Applied Pharmacognosy, Intended for the Use of Students in Pharmacy, as a Hand Book for Pharmacists, and as a Reference Book for Food and Drug Analysts and Pharmacologists (Hardback)**

Franklin Classics, United States, 2018. Hardback. Condition: New. Language: English. Brand new Book. This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we

[Read](#) [ePub](#)

»