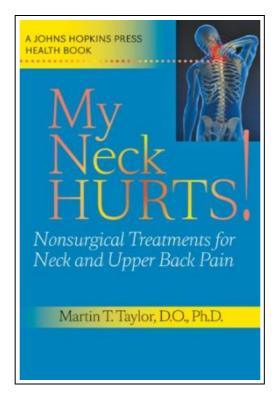
## My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain (Hardback)



Filesize: 7.42 MB

### Reviews

This pdf will not be straightforward to get started on studying but really exciting to read. it absolutely was writtern really perfectly and useful. I am just very happy to tell you that this is basically the finest publication i actually have study during my personal daily life and may be he finest ebook for ever. (Miss Lavonne Grady II)

# MY NECK HURTS!: NONSURGICAL TREATMENTS FOR NECK AND UPPER BACK PAIN (HARDBACK)

COMUNICAD PDF

JOHNS HOPKINS UNIVERSITY PRESS, United States, 2010. Hardback. Condition: New. Language: English . Brand New Book. If you have neck pain and you are like most people, you want to know how to relieve the pain without having surgery. Dr. Martin Taylor's comprehensive, userfriendly guide to treating neck pain will help you become a partner with your health care team in charting an effective nonsurgical plan for treatment. With two out of every three adults experiencing severe neck pain at least once in their lives, and one in ten enduring chronic neck pain, medical science has developed an array of treatment options. Which of the many options is right for you? Dr. Taylor identifies the various causes of pain and details the range of medical treatments and physical and alternative therapies available. He explains the least invasive treatments as well as more invasive and less common interventions. My Neck Hurts! includes information on the following topics, illustrated with photographs and drawings:\* physical therapy, from exercises and aquatherapy to ultrasound and traction \* electrical stimulation methods such as transcutaneous electrical nerve stimulation (TENS) and percutaneous neuromodulation therapy (PNT) \* manual therapies: massage, osteopathic manipulative treatment (OMT), and chiropractic treatment\* medications, including nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, and topical medications \* botulinum toxin therapy, occipital nerve blocks, and other forms of injection therapy\* alternative and complementary therapies such as acupuncture, biofeedback, yoga, and PilatesThis truly readable resource includes patient stories, diagrams, and color illustrations as well as tips on how to effectively communicate with your physician, and an appendix of Web sites and other resources.

Read My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain (Hardback) Online
Download PDF My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain (Hardback)

### Other eBooks

_

Weebies Family Halloween Night English Language: English Language British Full Colour Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and... Download Document »

=
_

#### I Want to Thank My Brain for Remembering Me: A Memoir

_

#### Read Write Inc. Phonics: Orange Set 4 Storybook 2 | Think | Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

**Download Document »** 

		2	
	_		

# Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!. Download Document »

=	_	
-		

#### The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to... Download Document »