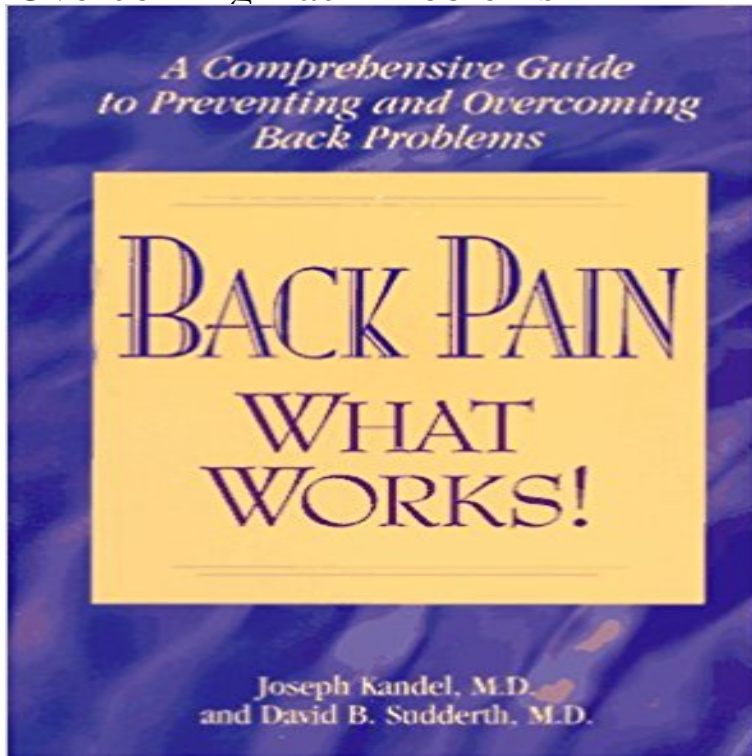


Back Pain - What Works!: A Comprehensive Guide to Preventing and Overcoming Back Problems



Back PainWhat Works! is a complete, easy-to-read guide to understanding your back and what you can do to cure, treat, and prevent back problems. From preventative measures to last-resort surgery, Back PainWhat Works! takes the mystery out of back trouble. Inside you'll learn: How the back works and what causes pain How to improve your back with simple exercises What to expect from back exams and diagnostic tests What medications are available for pain What alternative therapies and options exist How stress, fatigue, and depression affect back health What you should know before you have back surgery How to make sure you get the best possible careFeaturing a section addressing frequently asked questions, as well as specific chapters on back trouble and sex, sports and travel, Back PainWhat Works! is a comprehensive handbook to healing the back.About the AuthorsJoseph Kandel, M.D., is founder and medical director of the /Neurology Center of Naples (Florida), as well as co-author of MigraineWhat Works! (Prima). His articles have appeared in numerous medical journals, and he is a popular speaker on disorders of the spine. David B. Sudderth, M.D., co-author of MigraineWhat Works (Prima), is the senior partner at the Neurology Center of Naples and co-founder of the Gulfcoast Spine Institute in Naples.

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