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Your Aching Back: A Doctor's Guide to Relief

Augustus A. White

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THREE OUT OF FIVE ADULTS WILL EXPERIENCE SIGNIFICANT BACK PAIN AT SOME POINT IN THEIR LIVES, MAKING BACK PAIN AMERICA'S NUMBER ONE AILMENT

NOW IN ITS THIRD EDITION, the classic back pain manual *Your Aching Back* has been revised and updated to ensure that you have the latest science to speed your recovery.

Drawing on new research as well as decades of clinical experience, leading specialists Dr. Augustus White and Dr. Preston Phillips give you everything you need to know to manage this frustrating condition. To help you hone in on the source of your pain, they give a short primer on the basics of back mechanics as well as a discussion of the wide array of possible causes.

Treatment is the primary focus of the book. Emphasizing evidence-based medicine, the authors give a full account of the risks and benefits associated with treatments from acupuncture to spine surgery. You will find out when self-care makes sense, when you need to see a doctor, what questions to ask, and how to tell if you need a second opinion. Along the way, you'll learn about exciting advances in implant technology, recent studies on ergonomics, cutting-edge imaging technology, the newest forms of alternative care, and much more. And because dealing with chronic back pain can have an effect on every aspect of your life, this book offers sensible, empathic advice on everything from sex and sports to the financial and emotional consequences of long-term disability.

In its trademark conversational and unintimidating style, *Your Aching Back* places you back in control of your health and puts you on the path toward relief.

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