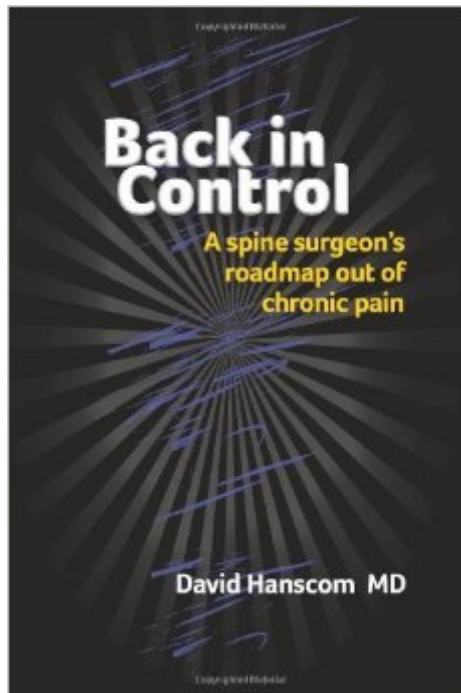


The book was found

Back In Control: A Spine Surgeon's Roadmap Out Of Chronic Pain



Synopsis

In *Back in Control*, Dr. Hanscom focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. Beyond any other book about back pain, *Back in Control* reveals how to quiet a turbocharged central nervous system and make a full recovery. His life-changing system has helped hundreds of patients heal their pain. These patients' stories, as well as his own, show that you can take charge of your care and set yourself on the road to a healthy, rich and full life.

Book Information

Paperback: 282 pages

Publisher: Vertus Press; 1 edition (October 28, 2012)

Language: English

ISBN-10: 0988272903

ISBN-13: 978-0988272903

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (192 customer reviews)

Best Sellers Rank: #57,963 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #99 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #316 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

Updated comments: after a thorough reading the most helpful comment I can make is that if you or anyone you know is considering spinal fusion for soft-tissue injury or especially for unknown neck/back pain, this brand new book by a neurosurgeon who performs scores of them and has since the mid-80s is mandatory reading ! although the book's main theme is getting rid of chronic pain .. His most urgent message is that patients often--very very often--find that not only does spinal fusion not ease their pain: it is frequently the beginning of a lifelong hell of much worse pain and useless regret. Dr. Hanscom writes that patients become convinced they need fusion despite the dismal prognosis. He won't perform it without a structural defect that can be fixed. The patients he turns down find another doc with different criteria. I had fusion surgery in June 2012 for a burst fracture of L1: a no-brainer that fixed my hideous pain. My surgery was an emergency, no mulling it over. I didn't know the dark side of fusion. Imagining waking up with WORSE pain after surgery

makes my blood run cold. Just look at web forums re fusion and it's instantly clear that unwarranted fusions cause much more suffering and even ruin many lives. I'm not touting the book: get answers free on the author's website, backincontrol.com. Spread the word to those you care about. Btw, the author is my neurosurgeon, who did a beautiful fusion on me in june 2012. He doesn't know I'm reviewing his book. I just feel his message is a literal lifesaver if people can only get it before its too late.

[Download to continue reading...](#)

Back in Control: A spine surgeon's roadmap out of chronic pain Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain [THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain Sciatica: Low Back Pain Relief Once and For All (Super Spine) You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!

