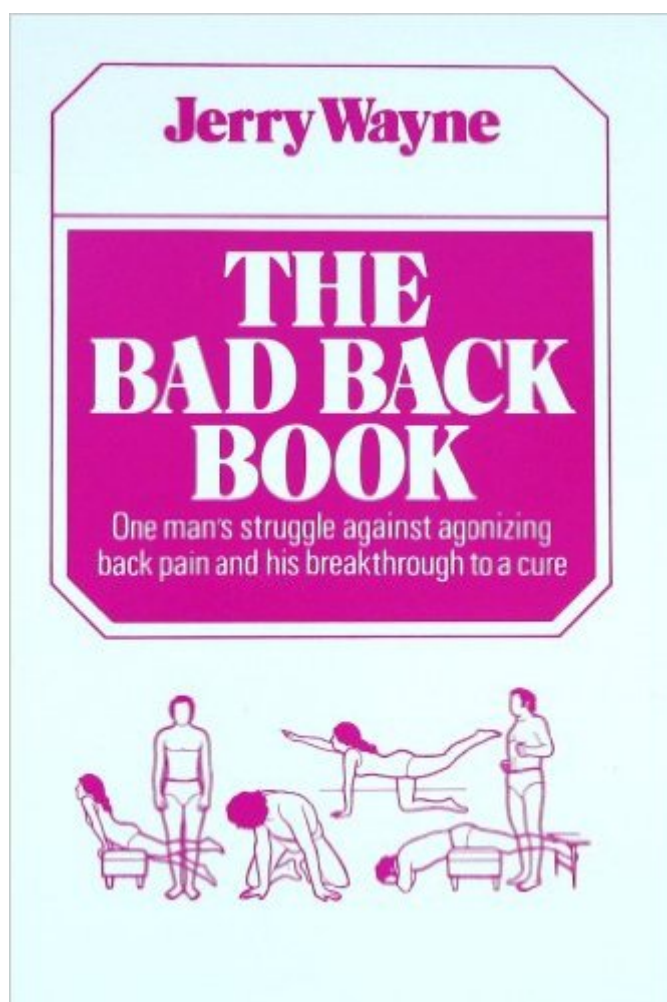


The book was found

Bad Back Book



Synopsis

Bad Back Book

Book Information

Paperback

Publisher: Ox Bow Pr (June 1983)

Language: English

ISBN-10: 0918024250

ISBN-13: 978-0918024251

Product Dimensions: 0.5 x 5.5 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviewsÂ (37 customer reviews)

Best Sellers Rank: #94,240 in Books (See Top 100 in Books) #23 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #17992 inÂ Books > Textbooks

Customer Reviews

In adolescence, I experienced a pars defect at L4, which led in early adulthood to a spondylolisthesis with excruciating pain in my back, radiating into my buttocks and one leg. Fortunately, by this time I had been on the staff for several years of Rancho Los Amigos Hospital in Downey California a major rehabilitation teaching hospital, and part of the University of Southern California School of Medicine. This is significant, because the first "problem back pain" treatment unit was established by Vert Mooney, M.D. at Rancho in the early 1970s. He has recently been awarded the Wiltse Lifetime Achievement Award by the International Society for the Study of the Lumbar Spine. This is significant because he and other orthopedic surgeons at the hospital were real medical scientists and objectively studied the results of available back surgery techniques, usually reporting a mixed bag of outcomes. When I hurt my back, I asked for some guidance and one of these physicians recommended Jerry Wayne's book, soon after it came out in 1983. I used it successfully myself and then began to recommend it to my own patients who were participating in "work hardening", a program that I developed at Rancho in the mid-1970s. Over the years, I have purchased and given away more than a dozen of these books, generally hearing back that the story was engaging and believable and the exercises were useful. Later in my career, I spent 10 years on the editorial board of the journal Spine and had the opportunity to peer review dozens of papers addressing symptom control and rehabilitation after low back injury. I've also had several of my own papers published in this and other scientific journals. The bottom line is that surgery should be

avoided until the possible benefits of exercise have been exhausted.

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

Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Bad Debt Book 1: Reluctant Gay BDSM (Bad Debt - Reluctant Gay BDSM) The TANGLED Billionaire: Ten Book Complete Box set (An Alpha-Male, Billionaire, Bad Boy, Bad Girl, Romance) Razor: A Bad Boy Stepbrother Romance (Bad Boy Stepbrothers Book 2) Bring The Heat: A Bad Boy Sports Romance (Bad Boys of Summer Book 1) Dirty Shame: A Bad Boy Romance (Bluefield Bad Boys Book 1) The Bad Luck Witch (The Bad Luck Witch Chronicles Book 1) BAD GIRL MOVIE POSTERS 1940-1980 VOL. 2: OVER 225 Movie Posters, Lobby Cards And Movies Stills Of BAD GIRLS And WICKED WOMEN BAD GIRL MOVIE POSTERS 1940-1980: OVER 225 Movie Posters, Lobby Cards And Movies Stills Of BAD GIRLS And WICKED WOMEN Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill The Shameless Billionaire Series: Billionaire Romance Box Set (An Alpha-Male, Billionaire, Bad Boy, Bad Girl, Romance) The TANGLED Billionaire Series: Billionaire Romance Box Set (An Alpha-Male, Billionaire, Bad Boy, Bad Girl, Romance) Bad Boy Billionaire: The Complete Series (A Bad Boy Alpha Billionaire Romance) Bad Professor (An Alpha Male Bad Boy Romance) Bad Back Book The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) Back to Basics: A Complete Guide to Traditional Skills (Back to Basics Guides)

[Dmca](#)