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Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less-and What You Can Do to Inform and Empower Yourself in Seeking Treatment (Hardback)

By Richard A. Deyo

Cornell University Press, United States, 2014. Hardback. Condition: New. Language: English. Brand new Book. Over the past twenty years, treatment of back pain has become ever more expensive and intensive. Use of MRI scans, narcotic painkillers, injections, and invasive spine surgery have all grown by several hundred percent. In some areas of medicine, newer treatments have improved quality and duration of life, but as back pain is treated more aggressively, annual surveys of people with back pain report steadily worse impairments. In *Watch Your Back!*, Richard A. Deyo, MD, proposes an approach to managing back pain, which most adults in the United States experience at some point, that empowers the individual and leads more directly to effective care. Though it may seem counterintuitive, fewer medical interventions may produce better results. Expecting a probe, a pill, or a procedure to cure back pain is usually unrealistic, yet entire industries promote the notion that someone else will "fix" you. *Watch Your Back!* exposes these flaws in the current approach to back pain, along with the profit motives and conflicts of interest behind many of them. The book dramatizes the problems with stories of prominent individuals who encountered high-tech pitfalls, then found low-tech solutions...



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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

-- Emmett Mann

Comprehensive information! Its this sort of great go through. It really is rally interesting throug studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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