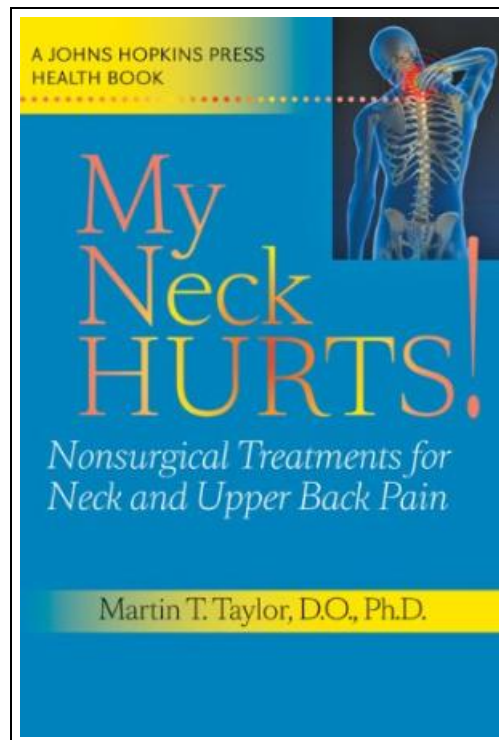


My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain (Hardback)



Filesize: 4.46 MB

Reviews

Absolutely essential read publication. It is amongst the most incredible book i have study. Your lifestyle period will be convert when you full reading this ebook.

(Dr. Meaghan Streich V)

MY NECK HURTS!: NONSURGICAL TREATMENTS FOR NECK AND UPPER BACK PAIN (HARDBACK)

[DOWNLOAD](#)

JOHNS HOPKINS UNIVERSITY PRESS, United States, 2010. Hardback. Condition: New. Language: English . Brand New Book. If you have neck pain and you are like most people, you want to know how to relieve the pain without having surgery. Dr. Martin Taylor s comprehensive, user-friendly guide to treating neck pain will help you become a partner with your health care team in charting an effective nonsurgical plan for treatment. With two out of every three adults experiencing severe neck pain at least once in their lives, and one in ten enduring chronic neck pain, medical science has developed an array of treatment options. Which of the many options is right for you? Dr. Taylor identifies the various causes of pain and details the range of medical treatments and physical and alternative therapies available. He explains the least invasive treatments as well as more invasive and less common interventions. My Neck Hurts! includes information on the following topics, illustrated with photographs and drawings: * physical therapy, from exercises and aquatherapy to ultrasound and traction * electrical stimulation methods such as transcutaneous electrical nerve stimulation (TENS) and percutaneous neuromodulation therapy (PNT) * manual therapies: massage, osteopathic manipulative treatment (OMT), and chiropractic treatment * medications, including nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, and topical medications * botulinum toxin therapy, occipital nerve blocks, and other forms of injection therapy * alternative and complementary therapies such as acupuncture, biofeedback, yoga, and Pilates This truly readable resource includes patient stories, diagrams, and color illustrations as well as tips on how to effectively communicate with your physician, and an appendix of Web sites and other resources.

[Read My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain \(Hardback\) Online](#)[Download PDF My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain \(Hardback\)](#)

Relevant Kindle Books

**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save Document »](#)

**I Want to Thank My Brain for Remembering Me: A Memoir**

Back Bay Books. PAPERBACK. Book Condition: New. 0316118796 Never Read -12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good...

[Save Document »](#)

**Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Save Document »](#)

**Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph**

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!.

[Save Document »](#)

**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Save Document »](#)

**My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)**

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh

[Save PDF »](#)

**Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Save PDF »](#)

**Ready, Set, Preschool! : Stories, Poems and Picture Games with an Educational Guide for Parents**

Book Condition: Brand New. Book Condition: Brand New.

[Save PDF »](#)

**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save PDF »](#)

**Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style (Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a

[Save PDF »](#)