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The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain

By Mitchell Yass

Hay House Inc. Hardback. Book Condition: new. BRAND NEW, The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain, Mitchell Yass, In The Pain Cure Rx, Dr Mitchell Yass presents the Yass Method, an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. While working with more than 14,000 patients, Dr Yass realized that many cases of chronic pain are the result of misdiagnosis and thus improper treatment. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, stenosis, a meniscal tear or arthritis. But Dr Yass has found that in about 90 per cent of these cases, the cause is actually a muscular weakness or imbalance - a condition that's easy to treat on your own with very little equipment. The Yass Method focuses on getting the proper diagnosis - finding the true source of the pain - and then using simple exercises to find lifelong relief. In this book, Dr Yass looks at the most common areas where people experience pain - the neck, low back, mid-back, gluteal region, knee, shoulder and hip - and lays out simple tests that...



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