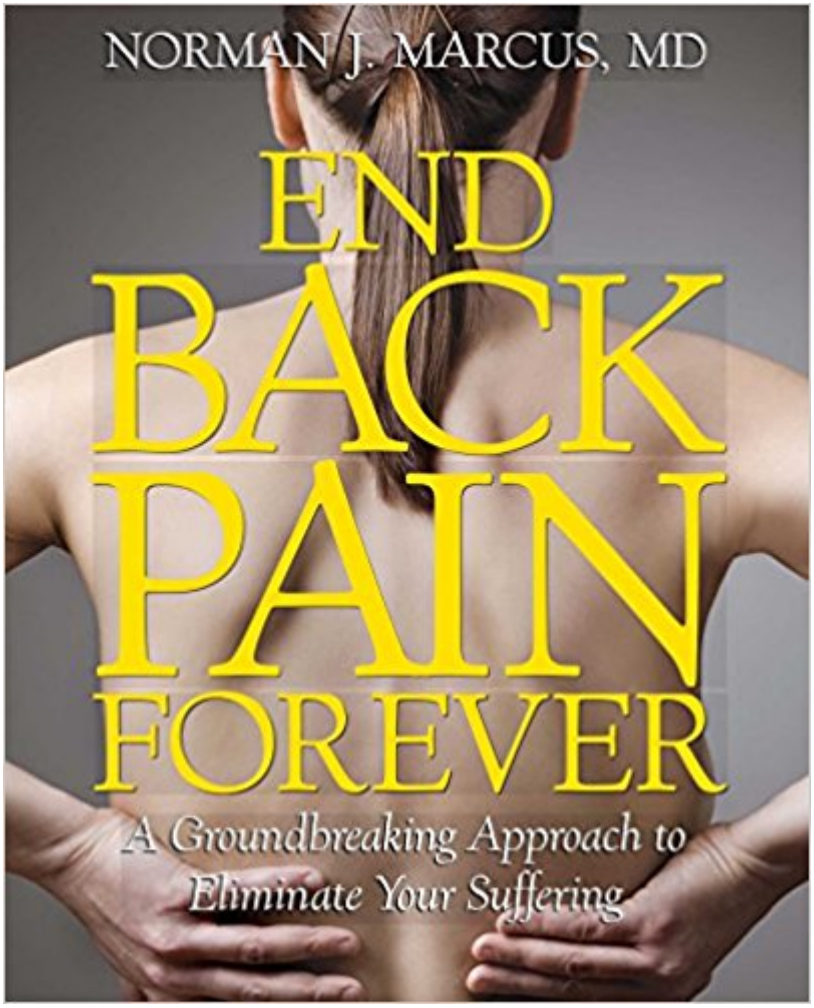
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End Back Pain Forever: A Groundbreaking Approach To Eliminate Your Suffering



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Synopsis

From a leading pain management expert, a revolutionary book about ending back painÃ¢â ¬â •the #1 cause of debilitating pain in people under age fortyÃ¢â ¬â •through treatment of muscles and tendons, rather than through medication or surgeries.If you or someone you love has been suffering with back pain, this book could change your life. Americans spend more and more each year treating neck and back painÃ¢â ¬â •over $86 billion annuallyÃ¢â ¬â •but all too often, the treatments simply donÃ¢â ¬â„¢t help. Why keep taking medicine if it doesnÃ¢â ¬â„¢t work? And why resort to painful, unnecessary surgery or injections if thereÃ¢â ¬â„¢s a better remedy? End Back Pain Forever is a revolutionary guide that shows you the many ways that back pain can be produced and the easy-to-follow steps you can take to eliminate it. Norman Marcus, one of the nationÃ¢â ¬â„¢s leading back pain specialists, estimates that more than 75 percent of back pain cases can be cured by treating the muscles rather than through surgery or drugs. Yet too many doctors donÃ¢â ¬â„¢t recognize this, leaving patients struggling for solutions. In this groundbreaking book, Dr. Marcus will show you: Ã¢â ¬Â¢ Why the current standard for diagnosing and treating back pain is flawed. Ã¢â ¬Â¢ Why high-tech imaging tests are not useful in diagnosing most back pain. Ã¢â ¬Â¢ Techniques that can protect you from injury. Ã¢â ¬Â¢ Twenty-one simple exercises that can end your back pain forever. Ã¢â ¬Â¢ How aging and pregnancy affect your back. Ã¢â ¬Â¢ And much more.

Book Information

Paperback: 288 pages

Publisher: Atria Books; 1 edition (June 5, 2012)

Language: English

ISBN-10: 1439167443

ISBN-13: 978-1439167441

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 38 customer reviews

Best Sellers Rank: #192,646 in Books (See Top 100 in Books) #33 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #84 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #210 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Ã¢â ¬Å“Your back pain can be cured. Read this book. His treatment and prescribed exercises workÃ¢â ¬â œI know because he treated and cured me.Ã¢â ¬Â• Ã¢â ¬â •Thomas J.J. Blanck, MD, PhD, Chairman, Dept of Anesthesiology, NYU Langone Medical Center "Although designed for patients, many providers may find the text informative and change their current practices. This volume could be life saving for many patients with persistent back pain." (Bill McCarberg, MD, Founder, Chronic Pain Program, Kaiser Permanente, San Diego, CA)

Dr. Norman J.Ã Â Marcus is the director of muscle pain research at NYU School of Medicine and a former president of the American Academy of Pain Medicine. He has been named one of the Ã¢â ¬Å“Best Doctors in New YorkÃ¢â ¬Â• by Castle Connolly for more than ten years. He lives with his wife Suzy in New York City.

If your surgeon has recommended surgery (which of course is what they do) because of back pain, do yourself a favor and, read Dr. Marcus' book. Better yet, see him in person. If he can help you he will, and you'll save the time, money, and inconveniences that come with surgery. If he can not, he'll gladly recommend the correct Dr. who might be able to give you the relief needed, whether through surgery or other modes. Due to a near fatal MVA I became a patient of Dr. Marcus and his treatments have allowed me to continue working as a professional dance teacher and choreographer. When necessary I've had surgery (30 as of now) but without Dr. Marcus' techniques and exercises, which are clearly presented in his book, I wouldn't be functioning at the level needed to continue in my field.

I have been having back and leg spasms for some time. I had an MRI and was told I had minor disk issues and just had to live with it. ,I did physical therapy and took ever and ever stronger meds. I had some relief but I still couldn't do much without being in pain. Even just walking.I finally ordered this book on a whim. I figured what could I lose.I skimmed thru the book until I got to the series of exercises. I started them that day and just like the author claimed, I had instant relief.I am a skeptic about claims of miracle cures and I still can't believe that something this simple works.I no longer take any medication and on days that I overdo gardening or heaving lifting I just do the exercises and the pain goes away.I have recommended this book to everyone that tells me they have back pain.

I have had chronic pain since adolescence for no obvious reason, but have always tried being

active in spite of it. Over time it has only gotten worse. I have been on what has become a years long journey to find answers as to why and heal. At this point, I feel like I have read every book, seen every kind of doctor under the sun, had every medical test run, tried every type of exercise, with no real solutions. I have only become more injured and pained and less able to do the things I love.I ran across this book by happenstance. I went to the the NYU medical website to get a phone number and saw a posting about a study Dr. Marcus had done in identifying the sources of chronic pain. I read the study and felt like he was really onto something. I immediately looked him up, saw this book and bought it. I am so, so, so glad I did. Dr. Marcus looks at, and tests for, injury and inadequacy in soft tissues (mainly muscles) as a source of pain. Not only has he created a way to distinguish weakness from injury, but also has ways of treating both. It makes SO MUCH SENSE.There is an exercise portion in the book that at first seemed a bit laughable to me. Many of the movements look very basic and I thought "yeah who couldn't do these? As if this is going to make any difference." But then I tried them. I was SO surprised to find weakness and deficits in my range of motion that I had never realized. In all my years of being in and out of physical therapy, pilates, yoga, etc. and developing a keen awareness of my body, how had I not found these specific things out? How on Earth can we expect to be fully functioning if we don't know what is dysfunctional first? Knowing these things and being able to work on them has been invaluable and allowed me to regain much movement I'd lost.There is a goldmine of information here. I think Dr. Marcus's way of approaching pain will eventually become standard practice in the medical community--it is just so obvious and yet so overlooked. But until then, if you have chronic pain issues I highly suggest getting this book and following the doctor's advice.

After decades of back problems and looking into potential treatments, I'd concluded that I'd likely have to live withthe pain. Fortunately, my physical therapist recommended Dr. Marcus and his approach to treatment hassignificantly improved my condition, enabling me to continue to lead an active life. His approach is revolutionary andlearning of non surgical treatment options was uplifting. His book is definitely the best I've found on the topic and worth readingas it discusses his approach and provides tests and exercises in a clear and concise manner.

A+

Good solid, no nonsense book. Has been a blessing to me.

Best book on back pain that I have read. As a medical doctor, I find this the most realistic and evidence based information I have seen.

Excellent exercises for back pain.

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