

Back in Control: A spine surgeon's roadmap out of chronic pain

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In Back in Control, Dr. Hanscom focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. Beyond any other book about back pain, Back in Control reveals how to quiet a turbocharged central nervous system and make a full recovery. His life-changing system has helped hundreds of patients heal their pain. These patients' stories, as well as his own, show that you can take charge of your care and set yourself on the road to a healthy, rich and full life.

Dr. Hanscom is an orthopedic spine surgeon currently practicing at Swedish Hospital's Neuroscience Specialists, Seattle, Washington. I recommended [Back in Control] to a chronic pain patient (who can no longer do his job). He was very depressed. I gave him Zoloft but I told him to read the book before taking any and sure enough, halfway through the book, he was no longer depressed and tossed the antidepressant. I am now recommending it routinely to patients. _____ Paul S. Darby, MD, PhD, MPH, FACOEM Medical Director, Franciscan Occupational Health - Port Clinic

While David nominally writes to the patient, it is extremely (a word I rarely use) valuable aid to persons professionally engaged in some aspect of work injuries, in particular injured workers with chronic pain. Peter Rousmaniere

Other Books

Minimally Invasive Spine Surgery. Minimally invasive procedures are increasingly utilized and are replacing open surgery to reduce scarring and pain, enhance patient recovery, and minimize cost. Minimally Invasive Spine Surgery provides step-by-step guidance, expert instruction, and detailed illustration of current minimally invasive orthopedic spine procedures. With a variety of c

?, ?, ?, ?, ? . there was 50% loss of disc height or previous back surgery (15). ... The study included six patients randomized to the control sham group, 11 patients randomized to the IDET group, and also included a benchmark group of patients who ..."