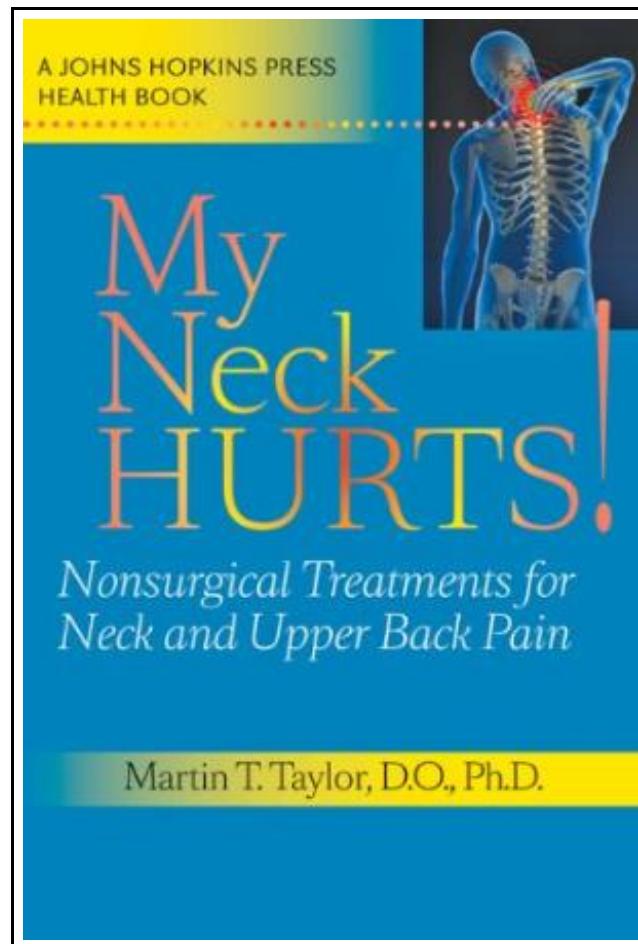


My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain



Filesize: 3.71 MB

Reviews

*Complete guide for ebook fans. Better then never, though i am quite late in start reading this one. Your life span will likely be convert when you full reading this ebook.
(Dr. Teagan Beahan Sr.)*

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

[DOWNLOAD](#)

To download **My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain** eBook, please access the button below and download the document or get access to additional information that are related to **MY NECK HURTS!: NONSURGICAL TREATMENTS FOR NECK AND UPPER BACK PAIN** book.

Johns Hopkins University Press. Paperback. Book Condition: new. BRAND NEW, **My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain**, Martin T. Taylor, 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** Online](#)



[Download PDF **My Neck Hurts!: Nonsurgical Treatments for Neck and Upper Back Pain**](#)

You May Also Like



[PDF] Dom's Dragon - Read it Yourself with Ladybird: Level 2

Access the web link beneath to download and read "Dom's Dragon - Read it Yourself with Ladybird: Level 2" document.

[Save Book »](#)



[PDF] Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

Access the web link beneath to download and read "Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)" document.

[Save Book »](#)



[PDF] Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Access the web link beneath to download and read "Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success" document.

[Save Book »](#)



[PDF] My Friend Has Down's Syndrome

Access the web link beneath to download and read "My Friend Has Down's Syndrome" document.

[Save Book »](#)



[PDF] Houdini's Gift

Access the web link beneath to download and read "Houdini's Gift" document.

[Save Book »](#)



[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Access the web link beneath to download and read "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" document.

[Save Book »](#)