



Do You Really Need Back Surgery?: A Surgeon's Guide to Neck and Back Pain and How to Choose Your Treatment (Paperback)

By Aaron G. Filler

Oxford University Press Inc, United States, 2013. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Most people have back surgery to relieve pain, but all too often it doesn't help. For the half million people who undergo back surgery each year, and the additional million who are seriously contemplating it, *Do You Really Need Back Surgery?*, Second Edition, is a godsend—an informed, reliable guide to when you should consider surgery and when you should not. Written by an internationally recognized expert in nerve and spinal surgery, this highly readable guide covers everything back patients need to know to make informed decisions about their treatment. The book discusses the details of spinal anatomy; explains the difference between acute, chronic, and recurring pain; shows how to keep the spine healthy; and defines such terms as spurs, stenosis, and slippage. It also reveals what clues your physician uses to predict whether a given type of pain is likely to go away with rest and exercise, and which types may become emergencies. Dr. Filler discusses the risks of surgery, the decisions you may be faced with and what options you have, and your expectations for recovery. He provides detailed...



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