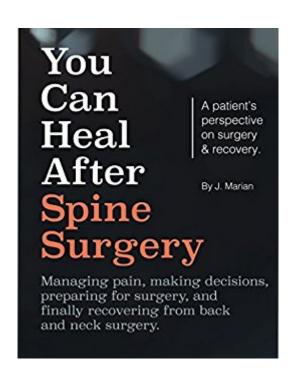
# The book was found

You Can Heal After Spine Surgery: Managing Pain, Making Decisions, Preparing For Surgery, And Finally Recovering From Back And Neck Surgery.





# **Synopsis**

Discectomy, spinal fusions, bone grafting, laminectomy, are all surgeries performed to help alleviate and eliminate unbearable and chronic back pain. These major medical surgical procedures may seem routine to medical professionals but life altering to patients. The information in this book is easy to follow, easy to understand and relate-able to the patient who is faced with the decision to undergo spinal surgery. This book is valuable for anyone searching for a patient's perspective with added insights about what to do before deciding on surgery, then preparing for surgery and finally recovering after surgery. Written by a patient who underwent cervical spinal fusion surgery, this book highlights the events that led to surgery, the challenges during recovery and pain management for back pain sufferers before and after the surgery. Debilitating chronic back pain, defined as pain that lasts 12 weeks or more; is a challenge for sufferers as well as medical professionals tasked to help. Chronic pain and depression are considered the most common health problems; and can be interrelated with back pain and surgery. This book will give you the following actionable suggestions: questions to ask your doctor, causes of back issues, tasks to prepare for, how to prepare your home, pain management ideas to try before or after surgery. Be prepared and heal your back after spinal surgery.

### **Book Information**

File Size: 805 KB

Print Length: 69 pages

Publication Date: August 27, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01J4PFORK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #494,666 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #87 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #235 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #325 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

## Diseases & Physical Ailments > Pain Management

#### Download to continue reading...

You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Pilates for Fragile Backs: Recovering Strength and Flexibility After Surgery, Injury, or Other Back Problems Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Anti Inflammatory Diet: How To Finally Beat Chronic Pain and Heal Your Body Naturally - INCLUDES 2 WEEK DIET PLAN Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One

**Dmca**