



# Get Your Lower Back Pain under Control -- and Get on with Life

*Anthony H. Guarino*

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**Get Your Lower Back Pain under Control -- and Get on with Life** Anthony H. Guarino

Pain management specialist Dr. Anthony H. Guarino has created an accessible and up-to-date guide to the range of available treatments to relieve back pain.

Informed by the wealth of information in this book, patients can successfully manage their pain beyond their doctor's office. Dr. Guarino describes proven therapies and coaches patients on how to achieve results. He also offers helpful advice for dealing with the psychological effects of chronic pain and for navigating complicated insurance and disability plans.

With detailed information about medications, exercise, injections, surgery, psychological interventions, and alternative treatments, *Get Your Lower Back Pain under Control -- and Get on with Life* is an invaluable resource for anyone who suffers from chronic back pain. As Dr. Guarino encourages his own patients, "Master your pain. Reclaim your life!"

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