



## Say Goodbye to Back Pain

*Marian Betancourt, Emile Hiesiger*

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**Say Goodbye to Back Pain** Marian Betancourt, Emile Hiesiger  
DON'T LET *BACK PAIN* RUN YOUR *LIFE!*

Anyone who experiences chronic or even minor back pain knows there are plenty of remedies for temporary pain relief -- but how do you know you're treating the correct problem in the most effective way? Top neurologist and pain management expert Emile Hiesiger draws on the newest medical information to target back pain at its source. From whiplash and sciatica to osteoporosis and spondylolysis, from faulty facets to herniated disks, Dr. Hiesiger identifies the origins of common problems, and arms you with essential information on

1. **Diagnostic tests and what they mean**
2. Key questions to ask your doctor
3. Medical and surgical options from nerve blocks to vertebroplasty
4. Exercises and lifestyle changes for pain relief and prevention
5. Physical therapy
6. Prescription drugs
7. *And much more*

Practical and accessible, this one-stop resource will take you from symptoms to diagnosis to cure, so you can say goodbye to back pain -- forever!

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