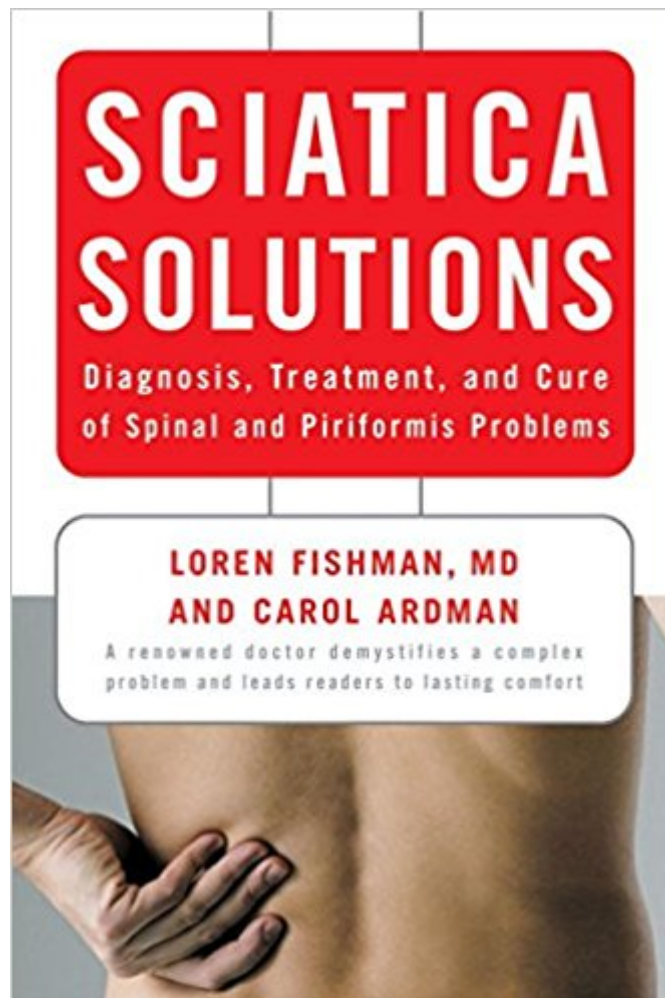




The book was found

Sciatica Solutions: Diagnosis, Treatment, And Cure Of Spinal And Piriformis Problems



Synopsis

A world-renowned clinician's practical and complete guide to understanding and alleviating neurological pain in the lower back, buttocks, and legs. Sciatica is the feeling of pain, numbness, "electric shocks," or strange sensations in the seat and running down the leg. It will afflict some five million Americans this year. In easy-to-understand terms, Loren Fishman demystifies the relationship between neurological injury and sciatica, explains the most common causes, leads readers to an exact diagnosis, and outlines the options available for lasting comfort and cure.

Book Information

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Customer Reviews

Carol Ardman is a writer. She lives in New York City. Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City.

Good information--thoughtful explanations of symptoms, cause, and remedy for sciatica--I just happen to be a photo/diagram nut and I would have liked to see lot more good photos or illustrations of specific exercises that can help. Well written and to the point.

This book was printed for me because it deals with the painful malady that I experience on a daily basis. It provides the stretching routines, exercises, that I need to do in order to be relatively painfree. It also is a recent written book on the subject with the authors being specialists in that part of the body.

Hubby suffers from sciatica pain; but physical therapy and "his" book makes life bearable! I must have borrowed this book for the NY Public Library for 3 months until I decided to order a copy. Had doubts about a "used" copy but the condition was great and Hubby is always referring to the book for guidance and direction.

Fantastic !

Very informative and helpful recommendations.

was informative

If you're thinking about back surgery, Dr. Fishman is a must read. His authoritative experience - especially in a daily yoga practice - has helped many patients get well without undergoing unnecessary surgery.

My father has scoliosis and sciatica. He found this book helpful in understanding his options. Good price. nice condition.

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