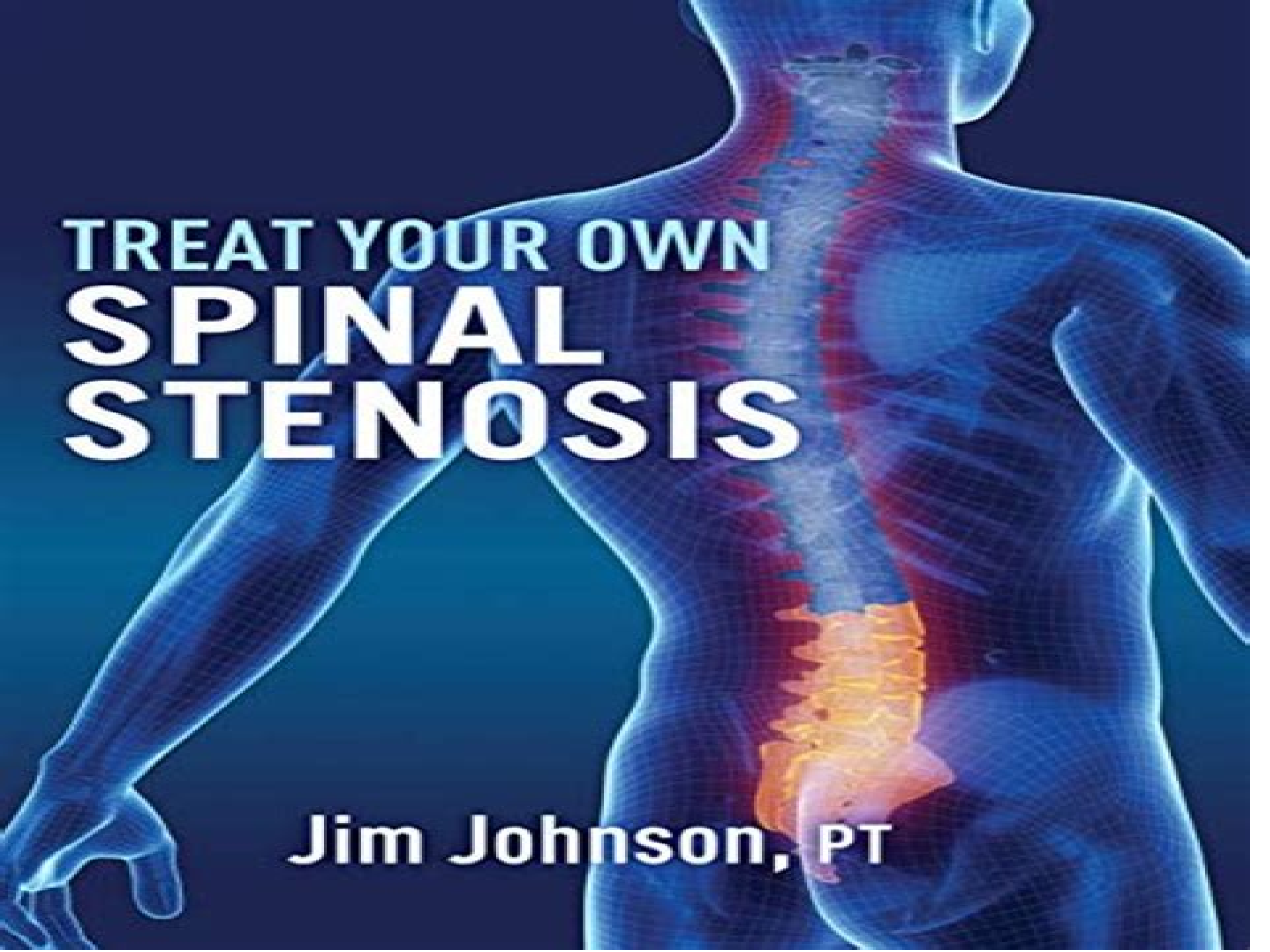


An anatomical illustration of a human back, showing the spine and surrounding muscles. The lumbar spine (lower back) is highlighted in a bright orange color, indicating the area of focus for the book. The rest of the spine and muscles are shown in a blue, semi-transparent style.

TREAT YOUR OWN **SPINAL STENOSIS**

Jim Johnson, PT

Treat Your Own Spinal Stenosis

Jim Johnson



Treat Your Own Spinal Stenosis:

Treat Your Own Spinal Stenosis Jim Johnson, 2010-04 Spinal stenosis usually brings to mind images of bone spurs pinched nerves a wornout spine and pain However few people know that scientific studies have shown up to 69% of people over the age of 55 to have spinal stenosis on an MRI exam but no pain Clearly radiographic pictures of one's spine do not tell the whole tale as there are many people that are able to live pain free with spinal stenosis But if having a horrible looking spine on an MRI doesn't necessarily mean you'll have pain then what does Well consider the study that checked out the back muscles of spinal stenosis patients with an EMG and found that 17 out of 22 of them had abnormalities Apparently there are other factors involved that might determine if one will have pain or not *Treat Your Own Spinal Stenosis* will answer these kinds of questions and more It will teach you what spinal stenosis is and how it got there Then you will learn what you can do about it by putting your spine through a series of Tune Ups Based on rely on randomized controlled trials *Treat Your Own Spinal Stenosis* is a simple yet effective program that can be done in the privacy of your home with minimal cost or equipment Exercise sheets are included to help guide you step by step through a sixweek program Jim Johnson P T is a physical therapist who has spent over nineteen years treating both inpatients and outpatients with a wide range of pain and mobility problems He has written many books based completely on published research and controlled trials including *The Multifidus Back Pain Solution* *Treat Your Own Knees* *The Sixty Second Motivator* *Treat Your Own Rotator Cuff* *The 5 Minute Plantar Fasciitis Solution* *Finding Happiness in a Frustrating World* *Exercise Beats Depression* and *Treat Your Own Tennis Elbow* His books have been translated into other languages and thousands of copies have been sold worldwide Besides working full time as a clinician in a major teaching hospital and writing books Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States

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need in the developing area of Pain Medicine It provides physicians with an up to date resource that details the current understanding about the basic science underlying the mechanism of action of the various CAM therapies used for pain It summarizes the clinical evidence both for efficacy and safety and finishes with practical guidelines about how such treatments could be successfully and safely integrated into a Pain practice

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