

[PDF] Back In Control: A Spine Surgeon's Roadmap Out Of Chronic Pain

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Description:

Review I recommended [Back in Control] to a chronic pain patient (who can no longer do his job). He was very depressed. I gave him Zoloft but I told him to read the book before taking any and sure enough, halfway through the book, he was no longer depressed and tossed the antidepressant. I am now recommending it routinely to patients.

Paul S. Darby, MD, PhD, MPH, FACOEM

Medical Director, Franciscan Occupational Health - Port Clinic

While David nominally writes to the patient, it is extremely (a word I rarely use) valuable aid to persons professionally engaged in some aspect of work injuries, in particular injured workers with chronic pain.

Peter Rousmaniere

About the Author Dr. Hanscom is an orthopedic spine surgeon currently practicing at Swedish Hospital's Neuroscience Specialists, Seattle, Washington.

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