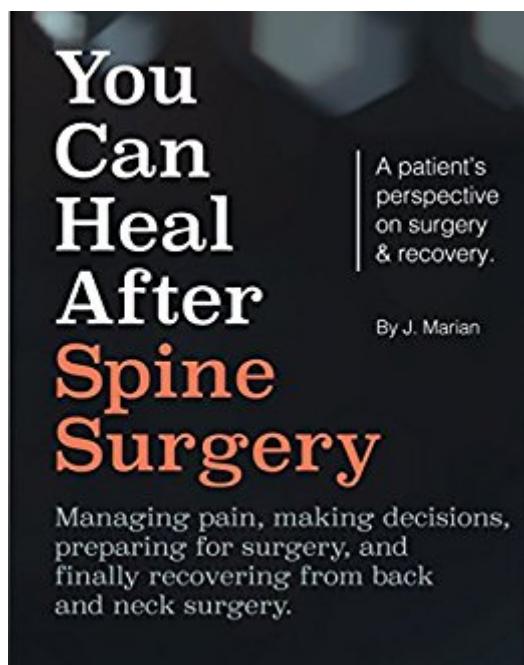


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# You Can Heal After Spine Surgery: Managing Pain, Making Decisions, Preparing For Surgery, And Finally Recovering From Back And Neck Surgery.



## **Synopsis**

Discectomy, spinal fusions, bone grafting, laminectomy, are all surgeries performed to help alleviate and eliminate unbearable and chronic back pain. These major medical surgical procedures may seem routine to medical professionals but life altering to patients. The information in this book is easy to follow, easy to understand and relate-able to the patient who is faced with the decision to undergo spinal surgery. This book is valuable for anyone searching for a patient's perspective with added insights about what to do before deciding on surgery, then preparing for surgery and finally recovering after surgery. Written by a patient who underwent cervical spinal fusion surgery, this book highlights the events that led to surgery, the challenges during recovery and pain management for back pain sufferers before and after the surgery. Debilitating chronic back pain, defined as pain that lasts 12 weeks or more; is a challenge for sufferers as well as medical professionals tasked to help. Chronic pain and depression are considered the most common health problems; and can be interrelated with back pain and surgery. This book will give you the following actionable suggestions: questions to ask your doctor, causes of back issues, tasks to prepare for, how to prepare your home, pain management ideas to try before or after surgery. Be prepared and heal your back after spinal surgery.

## **Book Information**

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