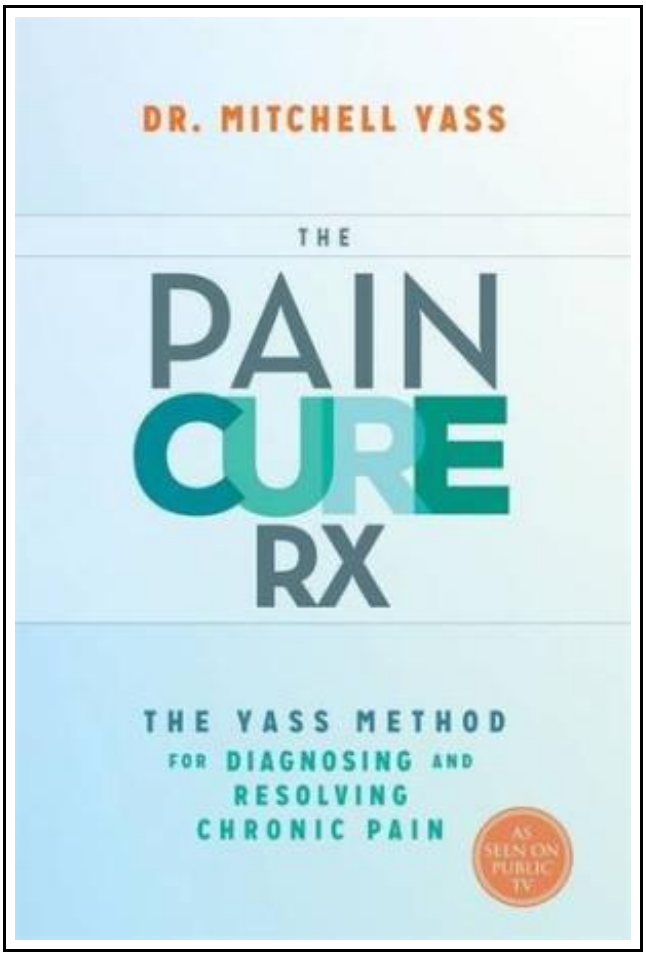
The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain



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THE PAIN CURE RX: THE YASS METHOD FOR DIAGNOSING AND RESOLVING CHRONIC PAIN

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Hay House Inc. Hardback. Book Condition: new. BRAND NEW, The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain, Mitchell Yass, In The Pain Cure Rx, Dr Mitchell Yass presents the Yass Method, an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. While working with more than 14,000 patients, Dr Yass realized that many cases of chronic pain are the result of misdiagnosis and thus improper treatment. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, stenosis, a meniscal tear or arthritis. But Dr Yass has found that in about 90 per cent of these cases, the cause is actually a muscular weakness or imbalance - a condition that's easy to treat on your own with very little equipment. The Yass Method focuses on getting the proper diagnosis - finding the true source of the pain - and then using simple exercises to find lifelong relief. In this book, Dr Yass looks at the most common areas where people experience pain - the neck, low back, mid-back, gluteal region, knee, shoulder and hip - and lays out simple tests that examine things like range of motion, flexibility, walking patterns and posture that readers can do in the comfort of their own homes. He teaches them how to use this information, along with an analysis of their symptoms, to identify if their pain is in fact muscular rather than structural. If it is structural, they can choose surgery, knowing that the outcome will likely be good. But if the pain is muscular, they can use the easy, step-by-step exercises and routines in the book to get the pain resolution they're searching for. The key is to get the right diagnosis by...

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