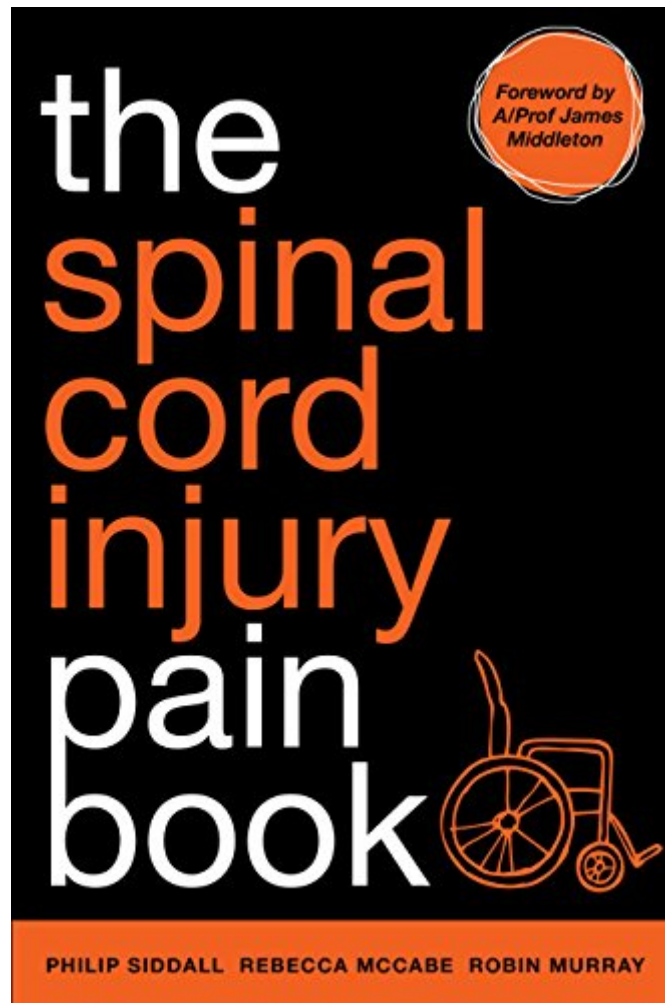




**Ebook Directory**  
the best source of ebook

The book was found

# The Spinal Cord Injury Pain Book



## Synopsis

One in five people experience chronic pain but for those with spinal cord injury, ongoing pain affects as many as two out of three people and many rate dealing with pain as one of the most difficult consequences of their injury. The Spinal Cord Injury Pain Book is unique in providing the latest information on how pain works as well as addressing the specific pain challenges for people with spinal cord injury. Its practical "toolbox" offers the best possible answers to pain ranging from medication and new technology through to skills such as exercise, distraction, relaxation and meditation. Chapters for health professionals and those who love someone living with pain assist in building a team for support and there are extensive lists of further reading and resources. Written by some of Australia's most experienced spinal cord injury pain experts • Philip Siddall, Rebecca McCabe, Robin Murray, Kathryn Nicholson Perry and Lyndall Katte • it also includes the personal stories and reflections of people living with spinal cord injury pain. The Spinal Cord Injury Pain Book is a follow-up to The Pain Book by the same authors. "...that's where this fascinating and illuminating book comes in. Not only does it explain why we get pain, with just enough medical background to be enlightening not baffling, but it also provides a host of tools to assist someone with spinal cord injury to deal with their pain and get on with leading a fulfilling life." Chris Nicholls, T6 Complete Paraplegic, General Manager, Spinal Cord Injuries Australia "Thanks to the authors for framing pain in such a succinct, manageable and enlightening form." Liesl Tesch AM, six time Paralympian and sailing gold medallist, London 2012.

## Book Information

File Size: 3141 KB

Print Length: 234 pages

Publisher: HammondCare Media; 1 edition (July 16, 2015)

Publication Date: July 16, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B011TFK0SQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,670,723 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Spinal Cord Injuries

#307 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Pharmacology > Pain Medicine

#1080 inÃ Â Books > Medical Books > Pharmacology > Pain Medicine

[Download to continue reading...](#)

Managing Spinal Cord Injury A Guide to Living Well with Spinal Cord Injury 21st Century VA

Independent Study Course: Medical Care of Persons with Spinal Cord Injury, Autonomic Nervous

System, Symptoms, Treatment, Related Diseases, Motor Neuron Injury, Autonomic Dysreflexia

Back And Neck Sourcebook: Basic Consumer Health Information About Spinal Pain, Spinal Cord

Injuries, And Related Disorders, Such as Degenerative Disk ... Osteoarthritis, S (Health Reference

Series) The Spinal Cord Injury Pain Book Beginner's Guide to Sciatica Pain Relief: A Concise Guide

to Pain Relief & Spinal Cord Anatomy Anatomy and Physiology Study Guide: Key Review

Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord,

Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System,

Special Senses) Back Stretching: Back Strengthening And Stretching Exercises For Everyone

(lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief,

stretching, back pain Book 1) Spinal Cord Injury: A Guide for Living (A Johns Hopkins Press Health

Book) The Spinal Cord Injury Handbook: For Patients and Families Spinal Cord Injury Short Cut

Instruction How I Roll: Life, Love, and Work After a Spinal Cord Injury Perspectives on Long Term

Rehabilitation: How I Achieved a Far Better Recovery from Spinal Cord Injury than Anyone

Expected Alternative Medicine and Spinal Cord Injury Mayo Clinic Guide to Living with a Spinal

Cord Injury: Moving Ahead with Your Life Spinal Cord Injury and the Family: A New Guide (The

Harvard University Press Family Health Guides) A Complete Plain-English Guide To Living With A

Spinal Cord Injury: Valuable Information From A Survivor From There To Here: Stories of

Adjustment to Spinal Cord Injury Spinal Cord Injury (American Academy of Neurology) Management

of Spinal Cord Injury (Jones & Bartlett Series in Nursing) Toe Up to 10K: A Journey of Recovery

from Spinal Cord Injury

[Contact Us](#)

[DMCA](#)

[Privacy](#)

