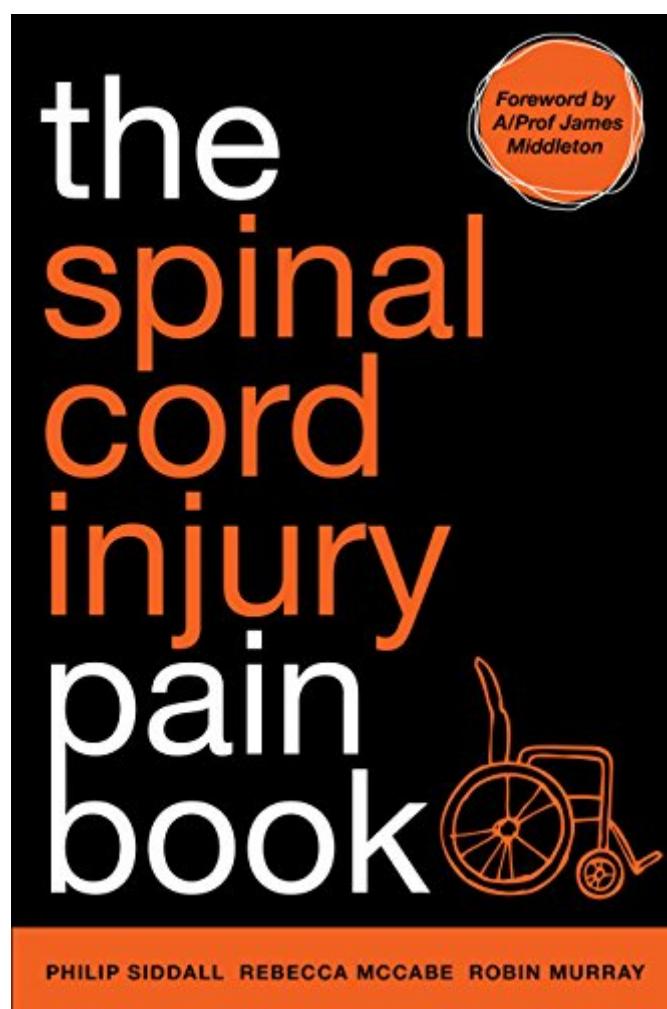


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# The Spinal Cord Injury Pain Book



## 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

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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)

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