


UK Spinal surgeon releases self help book for back and neck pain.

BANDAIDE - is a newly released booklet to empower patients to self manage their back and neck pain. The book is available on Amazon ISBN 978-0995676923

LONDON, GREATER LONDON, UNITED KINGDOM, April 14, 2017 /EINPresswire.com/ -- The incidence of [back and neck pain](#) is on the increase. This in turn is increasing the disability caused by these disorders. This has been further highlighted in the 2010 WHO Study of the Global Burden of Disease. This study researched 291 conditions. The study used YLDs (Years Lived with Disability) to measure disability. Among these 291 conditions, Low [Back Pain](#) ranked highest in disability. The scenario is the same in UK with back pain being the largest single cause of disability. Neck pain ranked 4th. Low back pain alone accounts for 11% of the total disability of the UK population. Though back and neck pain does not kill, it causes significant disability. This disability is affecting the young working population more than the elderly.

Mr. George Ampat is a [Consultant Orthopaedic Spinal Surgeon](#) from the UK. He has now authored a simple self help booklet for back and neck pain. The title of the booklet is "BANDAIDE". BANDAIDE is an acronym. Back And Neck Discomfort relief with Altered beliefs, Intelligent postures, Dynamic living and Exercises. A separate website provides further resources and advice <http://www.bandaide.co.uk>.

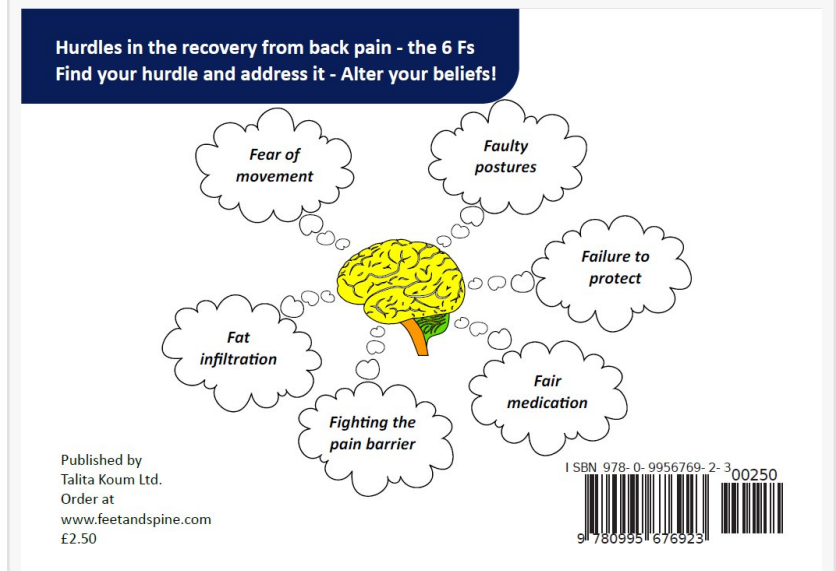


Back And Neck Discomfort relief with Altered beliefs Intelligent posture Dynamic movement and Exercises

You can treat your own back and neck pain
Advice and guidance from
Dr. George Ampat
Consultant Orthopaedic Spinal Surgeon

www.bandaide.co.uk

Bandaide



Hurdles in the recovery from back pain - the 6 Fs
Find your hurdle and address it - Alter your beliefs!

Fear of movement
Faulty postures
Failure to protect
Fair medication
Fighting the pain barrier
Fat infiltration

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Bandaide

The book is written in plain English with illustrations. The book contains basic anatomy, common sense advice and list of exercises. The advice offered is evidence-based. There is a good mix of

activities to be involved in and positive thinking. The book also identifies the hurdles associated with recovery. There are colourful simple illustrations laid out in an easy format. Each page has three images and a short text like a tweet. This is to increase user experience and readability.

The book can be purchased directly from Amazon

The book is also useful for

1. Doctors and therapists. For their patients as treatment support.
2. Employers. For their employees to manage sickness absenteeism.
3. Health authorities and Clinical Commissioning Groups for their patients.

George Ampat
Feet and Spine
+ 44 7871590593
email us here

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