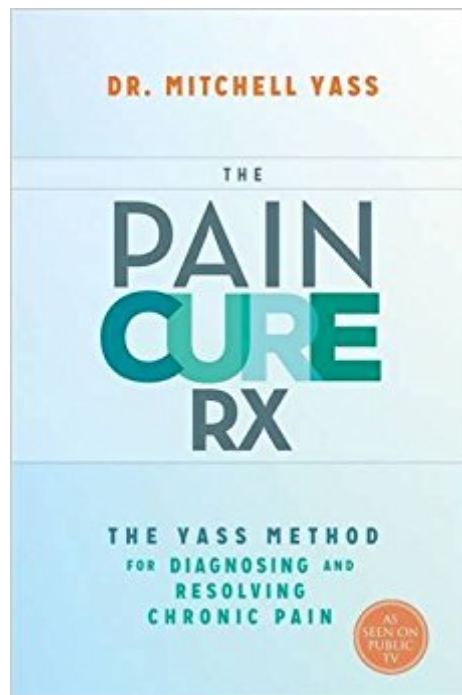




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# The Pain Cure Rx: The Yass Method For Diagnosing And Resolving Chronic Pain



## Synopsis

Are you struggling with chronic pain? You're not alone: an estimated one billion of us across the globe suffer chronic pain every day. And what Dr. Mitchell Yass has found over his 20-year career is that many of us suffer needlessly. While the current medical model for treating pain isn't helping, there is hope. The Pain Cure Rx presents an alternative model of treatment—the Yass Method—that can resolve pain quickly and effectively without surgery or medication. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, a meniscal tear, or arthritis. But Dr. Yass has found that in about 90 percent of cases, the cause is actually a muscular weakness or imbalance—a condition that's easy to treat on your own. The Yass Method, developed through his work with more than 14,000 patients, focuses on finding the true source of the pain and then using simple exercises to find lifelong relief. Dr. Yass looks at the most common areas where people experience pain; lays out simple tests that examine things like range of motion, walking patterns, and posture; and teaches you to use this information, rather than invalid diagnostic tests, to determine whether your pain is muscular or structural. If it is structural, you can choose surgery, knowing that the outcome will likely be good. But if the pain is muscular, you can use the easy, step-by-step exercises and routines Dr. Yass offers to get the pain resolution you're searching for. Many of the people Dr. Yass has treated came to him as a last resort before surgery or as a follow-up after surgery that didn't resolve their pain. Many of them had been told that they would have to manage their pain with drugs for the rest of their lives, or, worse, that there was nothing left to try; they would simply have to live with the pain. This revolutionary book shows that, in most cases, this simply isn't true—and empowers you to create a pain-free life.

## Book Information

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## Customer Reviews

“If you are suffering with chronic pain, this book is for you.” Deepak Chopra, M.D., New York Times best-selling author of *The Future of God* “Every once in a while a book comes along that will completely transform a field” this is that book for pain.” Haylie Pomroy, New York Times best-selling author of *The Fast Metabolism Diet* “After working with Dr. Yass for so many years as an expert for many articles in our newsletters, I am so happy to see that he is now providing a complete guide to understanding his method of diagnosing and treating chronic pain. I have personally shared Dr. Yass’s approach with countless people, cautioning them away from surgery and towards the right type of exercise. None of them ended up requiring surgery! If you are in pain, this book should be your first stop towards healing.” Marjory Abrams, Publisher of Bottom Line Publications, the most widely read consumer newsletters ever published

Dr. Mitchell Yass has spent the past 20 years developing his method of diagnosing and treating the cause, not the symptom, of pain and believes that this is the future of pain relief. He is currently treating patients in Florida utilizing his unique method; he is also the author of *Overpower Pain* and was host of the radio show *Stop the Pain! I Want My Life Back*. He has written articles for various publications, including *Advance for Physical Therapists and PT Assistants*, *Bottom Line Health*, and *Cure-Back-Pain.org*, and he has been featured on numerous radio shows. Website: [www.mitchellyass.com](http://www.mitchellyass.com)

So I have to review this book as both a layperson and a physician who treats pain. First off the book is beautiful, crisp detailed photos and illustrations and a hard cover which was a pleasant surprise. It presents fresh eyes for patients to understand the cause of their pain and take proactive steps to help themselves. I would say that most doctors could benefit from the amount of detail presented, even I found myself making clinical notes... Ah right I forgot about that... Yup I should check Judy’s hip flexor so tomorrow. So it is great as a educational book and also, as a piece of merchandise it was crafted with quality from the publisher. It Should be required reading in all pain clinics. AND THEN IT HAPPENED... Dr. Yass makes the statement that would discredit the book and display his ignorance to such a important topic, he states that if you have pain in the gluteal region and have

been told it is being caused by a problem in the lumbar spine (herniated disc) the diagnosis cannot be correct because the nerves to that area come off the sacral region. Say it is not so Yass? Need I remind you compressions in the origin region of the sacral plexus (mainly L5 and S1) could be caused by a tumor or herniated disk. I mean the Superior Gluteal Nerve has it's origins from L5. I believe you have misinformed yourself into thinking that the Lumbar Plexus contains L1-L5 but in fact L4 and L5 are considered part of the Sacral Plexus and CERTAINLY these regions DO produce Gluteal Pain, in fact a Herniated disc at L5 is the #1 cause of that pain (85% of the time as per Clinical Symposia Vol 48, Number 4 1996, Evaluation and Treatment of Low Back Pain, Vert Mooney, MD Jeffrey Saal MD, Joel Saal MD. This point discredits the entire chapter because patients will think they can do exercises to heal the buttock pain when in fact many compression exercises can irritate it if there is a herniated disc present. I understand that Dr. Yass falls into a group that believe disc injury on an MRI is not usually significant in diagnosis however my clinical experience shows that is not the case. Unfortunately for anyone who has ever suffered from these problems many exercises will further damage the spine. I am reminded of the when all you have is a hammer everything is a nail mindset, however not knowing Dr. Yass I would not be quick to judge. So I think its a great book but if you find this advice makes you hurt more I would suggest searching beyond these exercises or at the very least we can all agree get a professional evaluation. -Dr. Steve

After seven months of pain, I woke up 100% pain free this morning! Here's my story. Seven months ago I started having severe wrist pain. I tried several natural cures and YouTube exercises, but the pain was spreading and got so bad I finally went to a physician. His diagnosis was peripheral neuropathy. He prescribed a drug, ordered some blood tests and referred me to a neurologist. One of the blood tests was the Red Blood Sed inflammation rate which showed me at 75 (standard is 12) which proved I had a LOT of pain. Because I had to wait for three months to see the neurologist, I continued my search for a natural cure. The prescribed drug didn't work and I dislike OTC pain killers. I tried dozens of natural cures, diets, supplements and therapists without success. I also watched dozens of YouTube videos on pain. The pain was so bad I couldn't drive, open bottle caps, cook or work at my computer for more than 30 minutes at a time. Getting dressed was so difficult, I just wore sweat pants and slip-on shoes. Taking a shower felt wonderful, but drying off was horrible. I even stopped shaving as it was too difficult, plus I wanted to look as crappy as I felt. :) So when someone told me about Mitchell Yass, DPT, I read some of the sample text at . I bought it immediately. I skipped most of the theory and went to the tests. By the next day, I was doing the

stretches and exercises. I slowly but steadily started feeling better. Even though I was doing a few things wrong, such as not increasing the resistance as fast as I should have, I hung in there. After a month, my pain average went from 7-9 to 4-7 (with 10 being excruciating pain). I was able to drive, work and even eat at restaurants again. My appointment with the neurologist finally came. He did tests for an hour and concluded I had polymyalgia rheumatic. Later that day, I checked this out disease on Google and believe he was 100% correct. He ordered 8 blood tests to confirm his diagnosis. He said he'd probably prescribe prednisone (10mg). I tried to tell him about Dr. Yass's book and how it was helping me. He said it was probably a "temporary spontaneous recovery," BUT I should continue the exercises. One of the blood tests was the Red Blood Sed and I was down to 24! The Yass Method lowered my inflammation level from 75 to 24! The neurologist wrote the blood tests confirmed his diagnosis, but because of the Sed test improvement, I did not need prednisone. It's funny how it turned out. If I hadn't had to wait for three months to see the neurologist, I probably would be taking prednisone now and nowhere near fixing the pain. The Yass Method saved my life.

Information about hamstrings and exercises/stretching for hamstrings helped resolve low back. It also motivated me to look up hamstrings on YouTube.

Helps you figure out the source of your neuro, muscular, skeleton pains and exercises to help you improve without invasive intervention. Although I also had injections into my spine which I believed helped me to get moving and do some real exercising, I believe this book helped me diagnose and work on exercises to try. I have improved greatly. I recommend this book as a definite try before surgery! Work with it along side your doctor, physical therapist, or fitness trainer at the gym. I am NOT a medical person in any way...but I believed the book is a great reference and help!

So far this book has given me specific exercises and food items to remove and add to my diet its made the energy level higher and pain level has dropped some.

Very informative book filled with sound and helpful advice. Just beginning to use the techniques so can't describe effectiveness just yet. But, I have read many books on chronic pain and this is the first that has made sense of the many debilitating facets of chronic muscular pain and the relationships to strained muscles wherever they may show up in the body. It is clearly written with anatomical pictures and photos of how to do the various exercises. For anyone who wants to avoid

surgery if possible and find an alternate method to diagnosing and treating chronic muscular pain this is the book I would recommend.

This book thoroughly and completely lists symptoms and cures for pain caused by back and muscle issue. Dr. Yaas is a knowledgeable physical therapist. It sometimes is a little complicated. However, the exercises are clearly described and directions easy to follow.

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