



# Walking Well Again: Neutralize the Hidden Causes of Pain

*Dr. Stuart M Goldman DPM*

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## **Walking Well Again: Neutralize the Hidden Causes of Pain** Dr. Stuart M Goldman DPM

For millions of Americans living with chronic pain, *Walking Well Again* is the pathway to rapid recovery. It provides clear guidance for both patients and clinicians to properly investigate symptoms that may be severe, but are often easy to resolve without medicine, injections, or surgery. The most common symptoms addressed include back pain, knee and hip arthritis, and foot and leg pain. They make it difficult for people to walk well, stand comfortably, sleep comfortably, sit or get up from a seated position without pain, and bend over to pick things up. These symptoms are most often attributed to **Arthritis, Spinal Stenosis, Fibromyalgia, Diabetic Neuropathy, Poor Circulation, Painful Swollen Legs, or Restless Leg Syndrome**. Even if present for years or decades, symptoms can resolve within 1-2 days of proper treatment. Within the practice of the author, patients with these complaints rapidly improve over 70% of the time. Less frequently, he also sees improvement in neck pain, headaches, balance problems, and depression, as is addressed within the book.

Over 85 stories of individual patients are included in the book, to help the reader best understand the evaluation techniques that identify the hidden causes of pain, along with tools properly manage them. These 85 are among the over 3500 patients that have enjoyed great relief of chronic symptoms under the care of the author, **Dr. Stuart Goldman**. Video interviews of over 120 patients, many from the stories within the book, are included on the web site *WalkingWellAgain.com*.

Most of the information is presented so that it can be followed by non medical people without difficulty. Several sections are labeled "For the Clinician and the Very Curious", and have information in greater detail than would be needed by individual patients seeking help. Even those sections are written in a layman's language, with explanation of medical vocabulary.

The book includes 28 chapters, and is formally divided into 4 sections. The first section provides a path to understanding symptoms, which are often mistakenly thought to be from common medical diseases or even the normal aging process.


The second section focuses on **Spinal Stenosis** and **Pseudo Stenosis**, which are most often the hidden causes of pain. Pseudo Stenosis is an original classification of the author, who has published many articles related to the subjects of the book. The second section presents the classic understanding and treatment of Spinal Stenosis, Dr. Goldman's original Positional Management approach, and also provides great detail into the importance and management of Pseudo Stenosis.

The third section focuses on common causes and patterns of **chronic pain**, and facilitates reevaluation of the symptoms and presents paradigms for management, based upon the use of information from Section 2. Conditions specifically addressed include **Peripheral Neuropathy, Peripheral Artery Disease (poor circulation), Painful Swollen Legs, Arthritis including Fibromyalgia (two chapters), Shortness of Breath, Restless Leg Syndrome and night time symptoms, Balance problems, Depression, and the resumption of playing Sports**.

The fourth section has two chapters. Chapter 27 includes 40 stories that either provide new specific insights or reinforce essential concepts through the power of the tale. Chapter 28 provides an overview with direction for larger scale research, and the potential benefits of such research. Finally, there are two appendixes, and an index.

In addition to many articles published in Podiatry, Diabetes, and Family Practice journals between 1997 and 2013, **Dr. Goldman** has also lectured at many Podiatry state and national scientific meetings. He is eager to share the information with both patients and clinicians, and is therefore pleased to present this book with a one month money back guarantee.

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#### **Judith Robinson:**

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent the whole day to reading a book. The book Walking Well Again: Neutralize the Hidden Causes of Pain it is extremely good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book from the smart phone. The price is not too costly but this book possesses high quality.

#### **Sandra Lester:**

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consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. This is why this book suitable all of you.

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