



I've Got Your Back: The Truth About Spine Surgery, Straight From A Surgeon

Nathaniel L. Tindel MD

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A leading back surgeon comes to your rescue because in 19 out of 20 cases, there IS an alternative to back surgery. "I've Got Your Back" delivers an authoritative and plain-spoken guide to what back surgery can and can't do. It tells the behind-the-scenes story of back pain, back doctors, and back treatments- a story that is rarely delivered so candidly to patients. It arms you with the information and the courage to ask the right doctors the right questions so that you can make the right decisions. With case studies, clinical evidence and an honest look at the doctor's debates that patients seldom hear, "I've Got Your Back" is the insider's guide to navigating the world of back pain. Dr. Nathaniel L. Tindel is a Board Certified Orthopaedic Surgeon who practices in New York City and is the Director of the New York Center for Spinal Disorders. He is affiliated with Lenox Hill Hospital and is an assistant professor of orthopaedic surgery at The Albert Einstein College of Medicine.

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