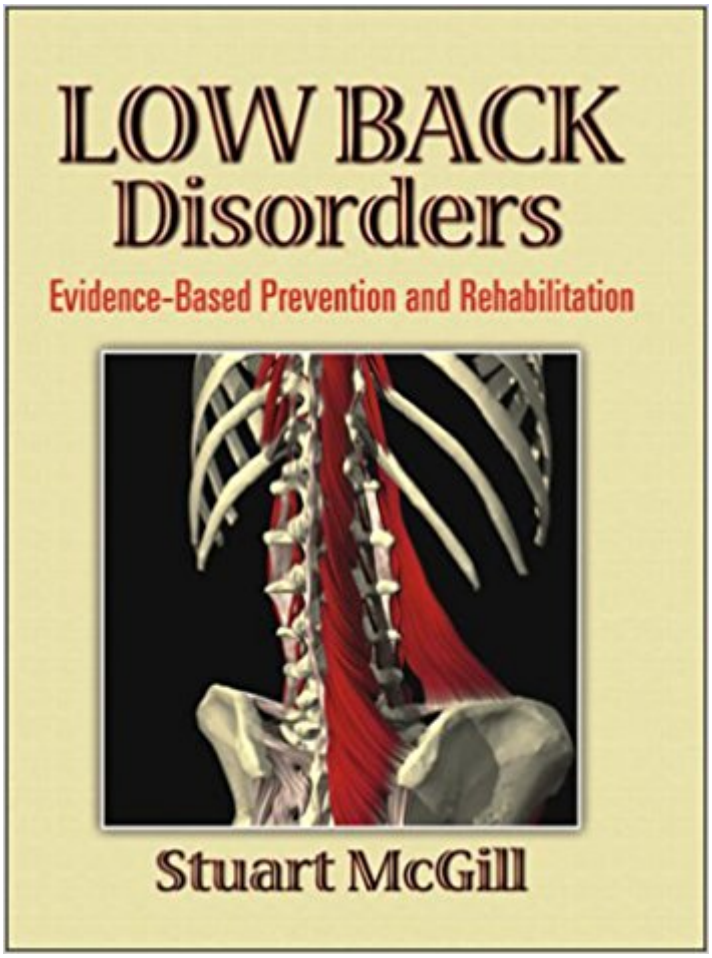
Low Back Disorders: Evidence-Based Prevention And Rehabilitation



Synopsis

An authoritative description of functional strategies designed to improve back health and restore or maintain back function following injury. The text refutes practices which are contra-indicated in promoting back health and provides appropriate strategies to offset injuries and restore function. For ease of reference, the book is divided into three parts. Part one reviews the issues pertinent to low back injury prevention and rehabilitation, functional anatomy and biomechanics and how the back is prone to mechanical failure. Part two looks at how to develop improved injury prevention programmes by assessing the risks, creating ergonomic interventions and training personnel. Part three deals with how to improve rehabilitation techniques through proper training and exercise programmes. Ergonomic issues related to manual handling, repetitive motion injuries and sport are dealt with in detail and knowledge of content and its application is reinforced with tutorials in each part of the book.

Book Information

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Customer Reviews

Stuart McGill, PhD, is a professor at the University of Waterloo in, Ontario, Canada and an internationally recognized lecturer and expert in spine function and injury prevention and rehabilitation. He has written more than 200 scientific publications that address lumbar function, low back injury mechanisms, investigation of tissue loading during rehabilitation programs, and the formulation of work-related injury avoidance strategies. He has received several awards for his work, including the Volvo Bioengineering Award for Low Back Pain Research from Sweden. Dr.

McGill has been an invited lecturer at many universities and delivered more than 200 addresses to societies around the world. As a consultant, he has provided expertise on assessment and reduction of the risk of low back injury to government agencies, corporations, professional athletes and teams, and legal firms. He is one of the few scientists who consults and to whom patients are regularly referred.

I have not got that far but like others have said it is a very detailed and factual based book. The amount of referenced material gives it a scholarly feel and read. If you are like me and just recovering from a lower back (herniated disc & surgery in my case) injury and want to make sure it does not happen again, yet you lack a scientific background, it can be a bit overwhelming. However, it is not really intimidating and is an interesting and fairly light read for a text book.

written for medical students but with synopsis throughout the book that anyone can understand. helped a lot to know what type of exercise is best for low back pain and type is worthless. shows how to do a situp without hurting your back. i've moved on since reading this book and now do a very different routine to keep myself flexible and lessen pain but this book was a life saver at the time.

This book is fantastic. I wish I could thank Dr. McGill personally for this well-researched, well-founded book on rehabilitating the lower back. This book should be required reading for low back pain patients and their care givers. After reading the book, I was able to relieve a tremendous amount of back pain through very careful application of the ideas. It also helped me understand why my symptoms seemed to be aggravated by physical therapy. If you suffer from lower back pain, this is a great way to take better control of your therapy. The "evidence-based" nature of the book makes it invaluable.

A superb book. So much knowledge and understanding of back problems, with photos of exercises to do.

Tons of info on why your back hurts and what to do about it. Very technical but a must read. You only get one back!

Love the products! Wide variety with a 20:1 ratio! I would recommend them to anyone looking to add

herbs, mushrooms, or super foods to their day!

This wonderful text focuses on the all important role of activity, exercise, and fitness in the prevention and treatment of low back disorders. In particular, the clinical publications emerging from Australia and Denmark are reviewed and balanced by scientific investigation of spinal loads with different activities. Professor McGill's book is highly practical and thoroughly evidence-based.This new book fills a void as a perfect cornerstone to the biopsychosocial model of patient reactivation recommended by international guidelines throughout the world (AHCPR, CSAG, DIHTA). Most significantly, the patient reactivation model being advocated by evidence-based experts today is made more clinically relevant as a result of this thoughtful and practical presentation of the "tools of the trade" for presecribing physiologically sound reactivation approaches. This is the ideal complement to simple reassuring reactivation advice being recommended for acute, uncomplicated low back pain patients and more involved cognitive-behavioral strategies being recommended for complex, chronic patients. It is most relevant for those subacute patients who are at risk of becoming chronically disabled.McGill highlights the recent scientific evidence which has unmasked the failure of diagnostic imaging to find the "cause" of back pain. He instead points clinicians towards the often ignored literature about the methods available for establishing the patient's functional diagnosis. This section is of great clinical value since most health care providers perform a limited functional assessment of low back pain patients.Popular concepts such as stability are defined, quantified, and made practical. The author explains how he determines spinal load profiles of routine activities of daily living and common exercises. In turn, many common beliefs about exercise are revealed as based on myth rather than evidence.For example he exposes the myths of lifting with a straight back, the pelvic tilt, performing sit-ups with bent knees, and the prone superman exercise. Other popular approaches such as the use of back belts or abdominal hollowing are discussed from a functional perspective.This book is most valuable to practicing clinicians for his elegant presentation of safe back exercises for subacute back pain patients. These simple exercises are shown along with the evidence demonstrating their safety and value. For instance, the cat-camel, quadruped leg reach, side bridge, and trunk curl are shown as biomechanically safe exercises which can be prescribed as a beginner program for most low back pain patients. Hopefully, randomized, controlled clinical trials will soon follow to further validate such exercises in patient populations.Many sufferers of low back pain are engaged in ardous sport or occupational activities. The book concludes with a section on more advanced exercises that have preventive and conditioning value, although would be inappropriate for the subacute treatment

phase. This is once again invaluable information for practicing clinicians which can help steer patients away from chronic pain, disability, treatment dependency, overmedication, deconditioning, fear-avoidance behavior, and unncessary surgery. Pr. McGill is to be applauded for this utterly brilliant and practical patient information presented in such a humble, small package.

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Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Low Carb: Don’t starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Introduction to Communication Disorders: A Lifespan Evidence-Based Perspective (5th Edition) (Pearson Communication Sciences and Disorders) Introduction to Communication Disorders: A Lifespan Evidence-Based Perspective (4th Edition) (Allyn & Bacon Communication Sciences and Disorders)