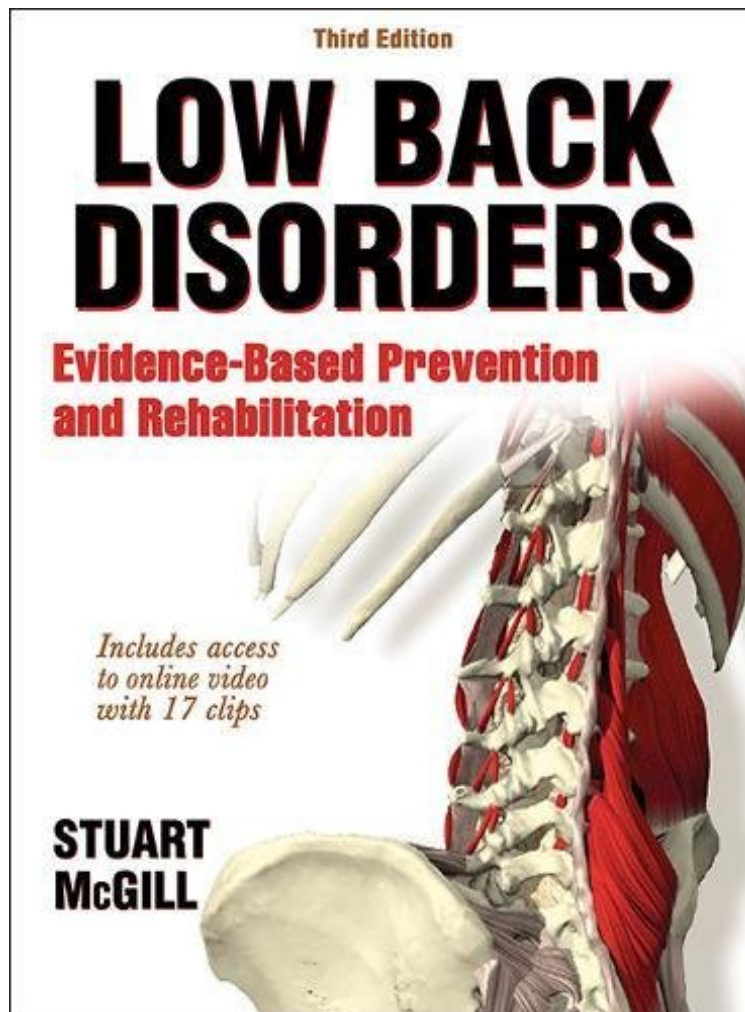


Low Back Disorders-3rd Edition With Web Resource: Evidence-Based Prevention and Rehabilitation

Stuart McGill

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Stuart McGill : Low Back Disorders-3rd Edition With Web Resource: Evidence-Based Prevention and Rehabilitation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Low Back Disorders-3rd Edition With Web Resource: Evidence-Based Prevention and Rehabilitation:

0 of 0 people found the following review helpful. The Manual For Spine Mastery By GLI was a practicing pain physician who saw ten to twenty cases of low back pain per day. Prior to reading Low Back Disorders, I was practicing conventional standard of care medicine and getting mediocre results--really no better or no worse than any of my colleagues in the medical field. Conventional medicine is stuck in a dated, scientifically inaccurate model of

relying on medicine, physical therapy, injections and surgery. The weakness is being exposed by books like Crooked. The sad thing is the criticisms are valid. Medicine has really lost its way in dealing with low back pain. Low Back Disorder offers a way out: a systematic, scientifically based method of thinking about the biomechanics of the low back and how to specifically diagnose and specifically treat low back pain by changing postures, movements and loads and prescribing the appropriate type and "dose" of exercise. This one volume is a clear antidote to the ineptitude that ails conventional spine care and it is worth mentioning that Professor McGill has restored countless elite athletes with devastating spine injuries (Google Brian Carroll). These methods clearly have worked for Professor McGill. The level of clinical precision in diagnosis and treatment for low back pain is something I thought was impossible. In conventional medicine, it is posited that over 85% of cases of low back pain have no directly detectable cause. This amorphous entity is known as nonspecific low back pain and underlies the futility of modern practice. It is truly a bankrupt expertise to not knowing what is going on 85% of the time! So you can imagine what a relief it was to read that there was no such thing as nonspecific low back pain. Rather it was a case of "clinicians reaching the limit of their expertise." It seemed to be a minor miracle that a higher level of insight was possible after having it drilled into me for years that even a specific diagnosis was generally impossible. It has been about two years since I bought Low Back Disorders and I can say with the certainty of personal experience that this system of thought, collectively known as the McGill method is effective. By applying these principles, I am gaining insights that I never imagined I could gain. I have helped improve patients to whom I previously could offer nothing but medication and I personally can diagnose over 90% of all cases of low back pain I encounter. This should be required reading for any professional who practices clinical spine care--chiropractors, physical therapists and doctors. I suspect that if you do the deep work of mastering the contents of this book, you will become one of the best spine practitioners in your community. 3 of 3 people found the following review helpful. Great New Edition By Z Altug, PT, DPT, MS, CSCS This is a great edition. I use this book all the time to educate patients about back pain. I'm very glad Dr. McGill put out a new edition to reflect the latest research. 1 of 1 people found the following review helpful. Five Stars By My Annon Great book, but if you want the highlights buy "Back Mechanic" by the same author.

Low Back Disorders, Third Edition With Web Resource, guides readers through the assessment and treatment of low back pain, providing evidence-based research on the best methods of rehabilitation and prevention of future injury. In this book, internationally recognized low back specialist Stuart McGill presents the research and applications of back anatomy and biomechanics to build effective prevention and rehabilitation programs for patients or clients. This third edition of Low Back Disorders contains all of the essential tools for those with low back maladies. Strong foundational information on anatomy and injury mechanisms guide readers through the essential functions of the structures of the low back and related tissues, and common misconceptions about pain and discomfort are addressed and corrected. The text provides detailed insights into injury assessment by an extensively expanded set of tests with accompanying instructions. These provide guidance and recommendations for individualized rehabilitation strategies and exercises. Also new to this edition is a web resource featuring 20 fillable Handouts for Patients or Clients that can be edited and printed to suit practitioner and patients needs. The web resource also contains an online video suite that showcases various exercises and assessments. In addition to offering strategies for relieving and potentially eliminating pain, the text provides insight into the conditions and environments that may initially cause back pain and makes recommendations on reducing these influences so that clients can be pain free. This book contains more than 500 photos, graphs, and charts on anatomy, biomechanics, and assessments; 50 tests and exercises with step-by-step instructions are available to aid readers in developing successful programs for patients and clients. In addition to the evidence-based foundation of this edition, the following enhancements have been made: Completely updated information and streamlined chapter organization ensure that practitioners use best clinical practices. Practical checklists throughout the text provide easy access to testing and assessment clinical techniques and information. Practical Applications provide clinical information to aid readers in understanding concepts and theory. To aid instructors, the text includes a newly added image bank to visually support class lectures. Low Back Disorders, Third Edition With Web Resource, contains essential research and corresponding clinical applications in a clear and organized format. Part I introduces the functional anatomy and biomechanics of the lumbar spine. It also presents epidemiological studies on low back disorders and dispels common myths of lumbar spine stability. Part II reviews risk factors for low back disorders and common prevention methods, with specific attention paid to reducing workplace risk factors. Part III explains evaluating and diagnosing clients and developing exercise and rehabilitation programs. Specific exercises that are proven to enhance performance and reduce pain are also explained. Evidence-based research and cutting-edge application strategies from a leading spine specialist in North America make Low Back Disorders, Third Edition With Web Resource, the authoritative text for the examination and rehabilitation of the low back. Its approach to back care will lead readers in developing intervention, rehabilitation, and prevention programs to address the unique needs of each patient or client.

About the Author Stuart McGill, PhD, is a professor at the University of Waterloo, Ontario, Canada, and a world-

renowned lecturer and expert in spine function, injury prevention, and rehabilitation. He has written more than 300 scientific publications on lumbar function, mechanisms of low back injury, investigation of rehabilitation programs matched to specific categories of back pain patients, 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. McGill has been an invited lecturer at many universities and delivered more than 300 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, in addition to performing research, is regularly requested by the medical profession to consult with challenging patients from around the world.