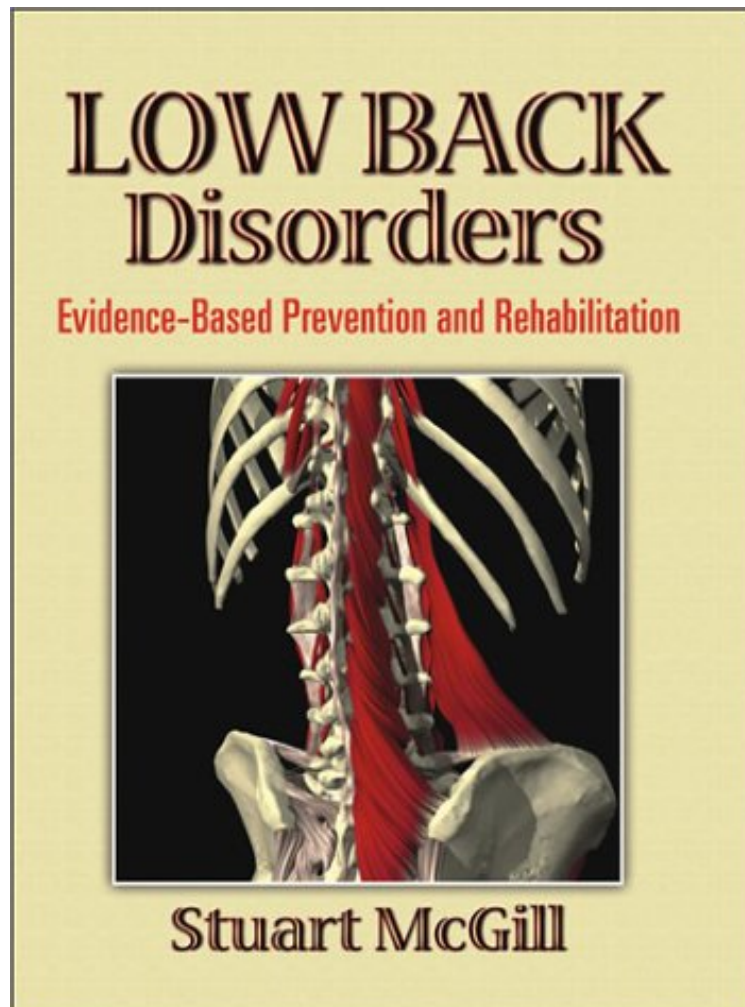


Low Back Disorders: Evidence-Based Prevention and Rehabilitation

Stuart McGill

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0 of 0 people found the following review helpful. A very thorough book. Much more of a text book then a light read.By bhamwashiI 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.1 of 2 people found the following review helpful. helped a lot to know what type of exercise is best for low back pain and type is worthlessBy Susiewritten 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.21 of 23 people found the following review helpful. Patient with bulging discBy Sebastian KnightThis 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.

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.

About the AuthorStuart 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.