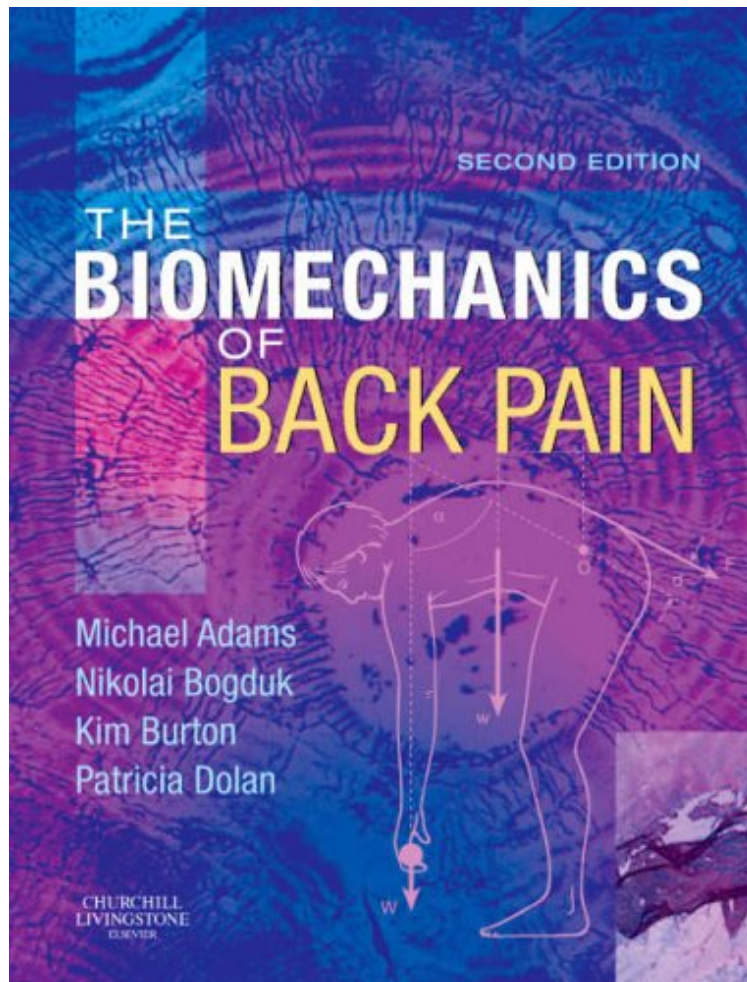


[Free download] The Biomechanics of Back Pain, 2e

## The Biomechanics of Back Pain, 2e

*Michael A. Adams BSc PhD, Kim Burton OBE DO PhD Hon FFOM, Patricia Dolan BSc PhD, Nikolai Bogduk BSc(Med) MB BS MD PhD DSc DipAnat DipPainMed FAFRM FAFMM FFPM(ANZCA)  
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**Michael A. Adams BSc PhD, Kim Burton OBE DO PhD Hon FFOM, Patricia Dolan BSc PhD, Nikolai Bogduk BSc(Med) MB BS MD PhD DSc DipAnat DipPainMed FAFRM FAFMM FFPM(ANZCA) : The Biomechanics of Back Pain, 2e** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Biomechanics of Back Pain, 2e:

1 of 1 people found the following review helpful. Magnificent resource. By R. Rex Parris Michael Adams has taken a complex medical issue and made it understandable for people with limited medical training. His use of diagrams and graphics is flawless. What was once a mystery is now explained visually in a manner that makes sense. 0 of 0 people found the following review helpful. Back Pain By Von Martius One of the best book I readed in this field of knowledge! Plain language, excellent art work, full of content, as others books with Dr. Bogduk and cols. Strong

recommended!

An up-to-date review of the latest research in the field of mechanical back pain. Covers ground not previously covered in books (just published in journal articles and so inaccessible to many practitioners). Written at a level appropriate for clinicians and undergraduates. Fully illustrated with high-quality colour photographs of the relevant pathology as well as line diagrams to illustrate the biomechanics. The book provides the 'missing link' in the wealth of literature available on back pain. Back pain affects a large percentage of the population at some time and its effective management has a significant effect on the health and employment economy and on the workload of manual therapy practitioners and orthopaedic surgeons. In order to plan treatment and management effectively it is important to understand the underlying biomechanics. This book provides the basis for that understanding. Written by four of the foremost researchers in the field (all well known internationally through their research, publications and international speaking). They are a multidisciplinary team representing some of the main market groups. Addresses the important and prevalent problem of back pain thoroughly from a unique biomechanics perspective. Written especially for practitioners, the book presents information in a way that is relevant to therapists who treat patients with back pain. Authored by four of the leading researchers in the field from different professional backgrounds, the book comprehensively examines back pain from diverse perspectives. Provides an understanding of back mechanics that is necessary in order to form an accurate diagnosis and treatment plan. Six new chapters are included: Growth and Aging of the Lumbar Spine; Spinal Degeneration; Biomechanics of Spinal Surgery; Surgery for Disc Prolapse; Spinal Stenosis and Back Pain; and Conservative Management of Back Pain. Expanded sections on spinal growth and aging provide additional comprehensive information on this important topic. Includes additional and updated information on the interpretation and explanation of spine research literature. An expanded color plate section with 23 new black-and-white photographs and 21 new line drawings illustrate the content clearly.

About the Author I commenced research into spinal pain, in 1972, when essentially nothing was known about the problem. There being no established groups or departments working on this problem, I forged my own career, using borrowed resources. I commenced in a Department of Anatomy, where I pursued the innervation of the vertebral column as a fundamental element in understanding the sources and mechanisms of spinal pain. Professor Jim Lance fostered this interest, and accommodated my PhD studies. In his department I continued my anatomy studies but was able also to commence clinical applications. I developed and tested new diagnostic and surgical procedures for back pain and for neck pain. While in Professor Lance's Department, I participated in laboratory studies of the mechanisms of migraine. At the University of Queensland I continued to develop and apply the diagnostic and surgical techniques that I started at the University of NSW, serving as an honorary medical officer at the Pain Clinic of Princess Alexandra Hospital. Meanwhile I supervised science and medicine postgraduate students who undertook basic science studies into the biomechanics of the back and neck. At the University of Newcastle, I had established a reputation sufficient to attract a grant from the Motor Accidents Authority of NSW to investigate the cause and treatment of neck pain after whiplash. The grant supported three PhD students over a six year period. They performed studies that validated the diagnostic procedures and which tested the surgical procedures in a placebo-controlled double-blind randomized trial. Having established an international standing in the development and testing of treatments for spinal pain, I participated in the design and analysis of controlled trials conducted elsewhere in Australia and in the USA. These tested the efficacy of: lumbar radiofrequency neurotomy for back pain, intradiscal electrothermal anuloplasty for back pain, prolotherapy for back pain, exercises for neck pain. Between 1997 and 2002 I conducted the National Musculoskeletal Medicine Initiative which developed and tested evidence-based practice guidelines for the management of back pain, neck pain, shoulder pain, knee pain, and pain in the foot, wrist, and elbow. My work has been awarded the Volvo Award for Back Pain Research, the Research Prize of the Cervical Spine Research Society, the Award for Outstanding Research of the North American Spine Society, and three times the Research Prize of the Spine Society of Australia. My students have been awarded research prizes by the International Association for the Study of Pain, the Australian Rheumatology Association, and the Australian New Zealand College of Anaesthetists. I have never had a funded department to which to attract investigators and academics. I have relied on scholarships for students, and the goodwill of private practitioners who wished to contribute to clinical research. Of late, I have been supervising Neurosurgery residents undertaking studies of the outcomes of treatment for Radicular pain and back pain.