



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

Stuart McGill

[Download now](#)

[Read Online ➔](#)

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

Stuart McGill

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

Stuart McGill

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.

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

Date : Published November 17th 2015 by Human Kinetics Publishers (first published January 1st 2002)

ISBN : 9781450472913

Author : Stuart McGill

Format : Hardcover 424 pages

Genre : Health, Sports, Fitness, Nonfiction, Science



[Download Low Back Disorders-3rd Edition with Web Resource: Evidence-Based Prevention and Rehabilitation Details](#)



[Read Online Low Back Disorders-3rd Edition with Web Resource: Evidence-Based Prevention and Rehabilitation Details](#)

Download and Read Free Online Low Back Disorders-3rd Edition with Web Resource: Evidence-Based Prevention and Rehabilitation Stuart McGill

From Reader Review Low Back Disorders-3rd Edition with Web Resource: Evidence-Based Prevention and Rehabilitation for online ebook

Dswfitness says

Clients having back problems? This is a must read! Follow link below to view what others have said about Low Back Disorders <http://www.dswfitness.com/products/in...>

Meggers McNeely says

The best back book for health professional and personal trainers out there.

Sam says

Intended for practitioners so included data I as a mere back pain sufferer didn't look at in too much detail (though good to know it's there unlike other sources of information about the back. The portions of the book I read were useful in terms of exercises and tests, though I need to really need pick up the lay-audience targeted Back Mechanic.

Tiarnán Ó says

Useful book for anyone with back pain. McGill is one of the few practitioners who combines clinical insights and 'what works' with hard experimental science and data. Follow his 'big three' and combine that with isometric strength training and you can stabilise your back pain, or even begin to reduce it.

Reid says

Excellent book. For clinicians, not laypeople, but I learned too much in any case. My basic knowledge of spinal anatomy limited but did not completely blunt my education (you should know what "microfracturing of the transverse tribeculae" means without too much wondering.). This is not for consumers.

Chris says

This is a book for practitioners, not lay people (who have low back disorders(,

Gustav Yulius says

The book is very resourceful for a sciatica sufferer like me. It is simple and full of eye-opening knowledge on how to care for my low back. I know which unsafe posture and exercises to avoid. The five-stage back training program is very make sense. I am now undergoing the rehab by focusing on stabilizing my spine first. Hopefully with time and discipline I can begin to see the results.

Kayla Purdum says

Good for learning proper strengthening of low back. First free read I did at chiropractic school. Very educational

Josh says

Myth-busting!

Lee says

Anyone struggling with lower back injuries or working with people with lower back disorders should pick this up. Some of his ideas are pretty much a-DUH but how he effortlessly explains himself is brilliant.
