

(Free) Mechanical Low Back Pain: Perspectives in Functional Anatomy

Mechanical Low Back Pain: Perspectives in Functional Anatomy

James A. Porterfield, Carl Derosa

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James A. Porterfield, Carl Derosa : Mechanical Low Back Pain: Perspectives in Functional Anatomy before purchasing it in order to gage whether or not it would be worth my time, and all praised Mechanical Low Back Pain: Perspectives in Functional Anatomy:

Here's the New Edition of the first book to integrate kinesiology, biomechanics, and anatomy to help readers provide safe, effective therapies for low back pain. Completely revised and updated, the 2nd Edition features a more clinical focus, reflects new scientific information regarding anatomy and mechanics of the lower back, and provides new strategies for rehabilitating patients. Reviews of the Last Edition:"An important addition to the professional literature...valuable."--Physical Therapy"A very worthwhile contribution to our understanding of the lumbar spine and the principles of its treatment...A useful text for all who treat low back pain."--The Journal of Orthopaedic Sports Physical TherapyExpanded coverage of treatment strategies includes specific methods to train abdominal and trunk extensor mechanisms, and a new section on teaching the patient self-management techniques. New information is given on the influence of psychosocial and workplace factors on the perception of pain, as well as on the relevance of specialized connective tissues to the low back pain process.The latest knowledge is presented on posture and epidural pressures, nerve root pathology, disc disease, musculature of the lumbopelvic region, load-bearing ability of joints and the influence of shear, and much more.A new algorithm of care guides readers along a proposed treatment

process. **FEATURES:** An abundant use of illustrations, including new cadaver photos and matching drawings, help clarify and reinforce important content. A detailed dissection of the lower back provides a 3-D appreciation of lumbopelvic anatomy and spatial relationships.