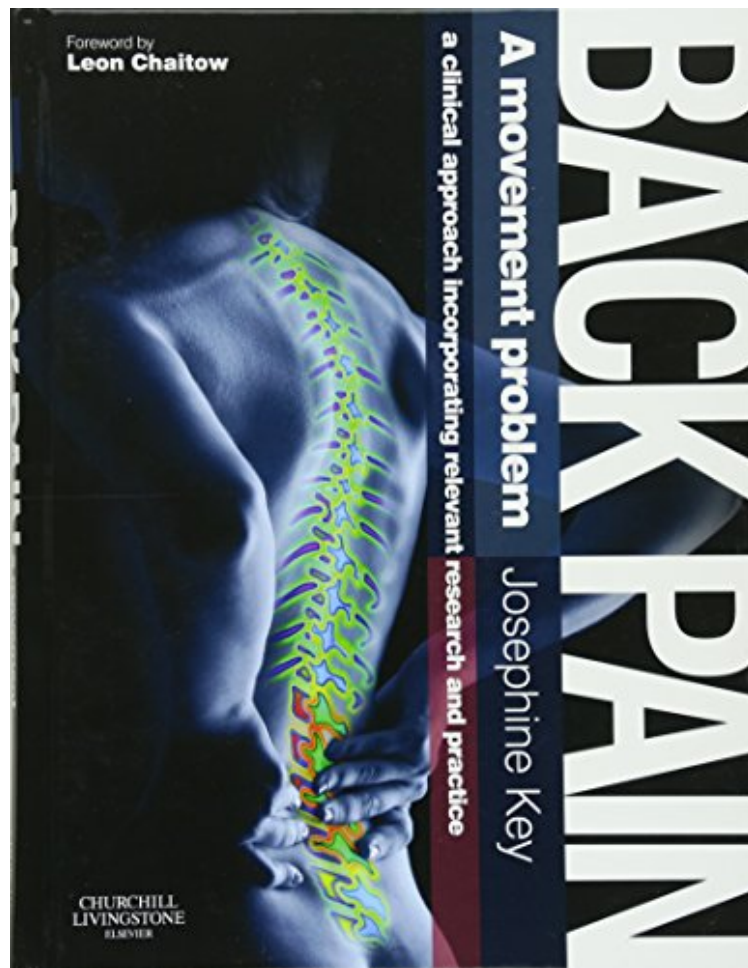


[Mobile ebook] Back Pain - A Movement Problem: A clinical approach incorporating relevant research and practice, 1e

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Josephine Key Diploma in Physiotherapy Post Graduate Diploma in Manipulative Physiotherapy
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Josephine Key Diploma in Physiotherapy Post Graduate Diploma in Manipulative Physiotherapy : Back Pain - A Movement Problem: A clinical approach incorporating relevant research and practice, 1e before purchasing it in order to gage whether or not it would be worth my time, and all praised Back Pain - A Movement Problem: A clinical approach incorporating relevant research and practice, 1e:

0 of 0 people found the following review helpful. Advancing thought in movement and therapyBy Joshua LeegerThis book is one of the first I've read that combines knowledge gained from scientific research, experience within a therapeutic practice, and somatics-based knowledge and research, into a comprehensive view. Particularly, this book addresses back pain and the contributing factors and resultant effects on movement.Though the book (1st ed) is poorly

edited, the concepts are thoroughly addressed and well thought out. This book can be read and understood by anyone who has the patience to apply themselves to it, but I would think that only the truly dedicated would make it through. I'm a physical educator with an MS in Kinesiology. I've worked, and continue to practice, as a strength coach, movement educator, and massage therapist. This book is a great step forward in envisioning and working with the moving body. Thank you Dr. Key!

3 of 3 people found the following review helpful. New hope for back pain sufferers? By Tiger21 I am a long-term sufferer from back pain and bought this book because I read everything I can on the subject (much of it contradictory!). However, this is one book I am very keen to show my doctor and chiropractor. Although this book is technical, I believe it offers hope to anyone living with the life-limiting misery of a bad back and who like me is stuck on a roundabout of therapy that isn't working, painkillers and conflicting medical opinions about surgery. The author Josephine Key is an Australian physiotherapist who has apparently mined the scientific research on the subject of back pain and seems to have decades of practical experience to confirm that her approach works. To me, she makes refreshing good sense. The book gets down to basics on the reasons why our backs hurt and what we can do about it. It takes a scientific commonsense approach, showing in technical detail how back problems can be solved by properly-informed physical therapy and "movement re-education". In her introduction the author says: "We can fly man to the moon yet despite the advances of modern science the effective diagnosis and treatment of back pain remains somewhat elusive". Countless people in my situation have found that's unfortunately true. But it looks like this author and others like her could at long last be offering a way forward from the impasse. For example, going through this book I discovered things I am doing in my daily life that I now realise are likely to be contributing to my back pain. It also points out that a lot of fitness and exercise regimes and gyms with their emphasis on 'stretching and strengthening' actually create back problems. While not written for the layman, I'd recommend this textbook to anyone whose life is blighted by back pain or who is responsible for treating others. And if you are not an expert, read what you can understand then hand it over to your practitioner. It may give you the answers you need on back pain instead of an endless quest for solutions.

1 of 1 people found the following review helpful. A must read for Yoga Therapy By mariayoga This is a great book for anyone who teaches any form of movement therapy. Key's wide breadth of research incorporates physiotherapy, yoga, Feldenkrais, manual therapy, developmental movement patterns, somatics etc, and she grounds her approach in her own clinical experience. Key is a physiotherapist who understands the yogic approach to posture and movement. Her clear exploration of global versus local muscles, her dynamic approach to core stability, and her outline of the fundamental pelvic patterns were particularly valuable. As a therapeutic yoga teacher and a teacher of anatomy for yoga teachers I have found the book to be very clear, practical and accessible. I would recommend it to anyone who wants to teach yoga safely and therapeutically.

Back Pain: a movement problem is a practical manual to assist all students and clinicians concerned with the evaluation, diagnosis and management of the movement related problems seen in those with spinal pain disorders. It offers an integrative model of posturomovement dysfunction which describes the more commonly observed features and related key patterns of altered control. This serves as a framework, guiding the practitioners assessment of the individual patient. Examines aspects of motor control and functional movement in the spine, its development, and explores probable reasons why it is altered in people with back pain. Maps the more common clinical patterns of presentation in those with spinal pain and provides a simple clinical classification system based upon posturomovement impairments. Integrates contemporary science with the insights of extensive clinical practice. Integrates manual and exercise therapy and provides guiding principles for more rational therapeutic interventions: which patterns of movement in general need to be encouraged, which to lessen and how to do so. Abundantly illustrated to present concepts and to illustrate the difference between so-called normal and dysfunctional presentations. Written by a practitioner for practitioners.

About the Author
Manipulative Physiotherapist