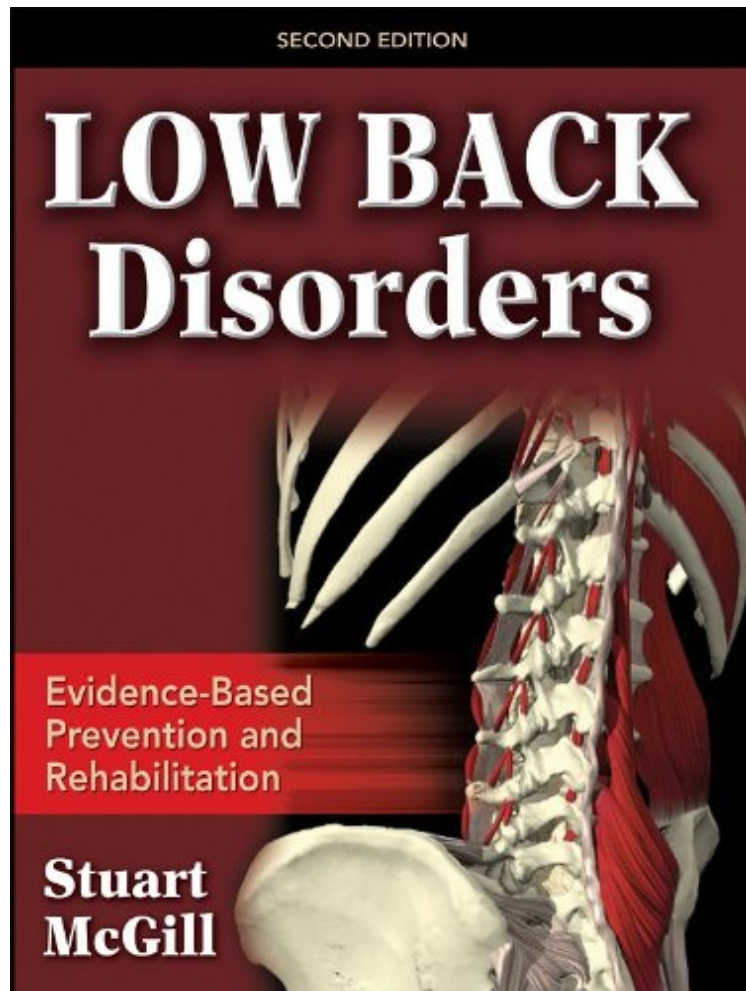


## Low Back Disorders, Second Edition

*Stuart McGill*

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**Stuart McGill : Low Back Disorders, Second Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Low Back Disorders, Second Edition:

0 of 0 people found the following review helpful. Elite Authority for Low Back Pain and InjuryBy NoahIf you are serious about keeping your lower back healthy, this book will help you understand some essential aspects of keeping it healthy and rehabilitating from injury.Professor McGill represents the best of the best when it comes to lower back pain, injury, and rehabilitation. After decades of experience performing quantitative experiments as well as having exposure to clinical "tricks of the trade," Professor McGill is the ultimate authority for rehabbing lower back pain.If you have any concerns about lower back pain and injury, Professor McGill is the ultimate authority on the subject. He continually hungers for more knowledge and analysis of what works and what doesn't, and uses EMG (electromyography) as well as other concrete quantifiable approaches to support many of his assertions in this book.If you want a healthy back, you can't use your spine for power. Keep it locked and braced in a comfortable natural

position, and let your hips and shoulders do what they were meant to do - be mobile. This book explains a lot about anatomy, past approaches that have worked or haven't worked, and Professor McGill's highly influential and important work on the quantification and every day (literally) implementation of spine stability/stiffness. Professor McGill has helped me understand back disorders and how to treat them conservatively and I know that if you're dealing with lower back pain he can be of great help to you as well.

2 of 2 people found the following review helpful. Great textbook! Bridges gap between clinicians and trainers! By PerpetualLearner This book has been embraced by the strength training community, and rightly so, for its great information on lumbar health and dysfunction and practical applications to exercise and real-world movements. While this book is very good, it should not be one's only source of info about the low back. I have found that the book applies more to disc herniation problems than other disorders of the spine. While it is true that spinal stability is a good thing to train in general, there are specific lumbar disorders and also certain stages of injury in which the exercises in this book do not work so well in practice. For example, in the acute stages of injury, in which the body already has triggered the protective mechanism of a prolonged contraction of the muscles in the lumbar area, the bracing/isometric exercises only serve to increase the "tone" in the area and this results in more pain. At this stage, the focus should be on relaxing the back and a good way to do this is with gentle, unloaded movement. The take away lesson is that this book has great information but one needs to know when to apply it.

3 of 3 people found the following review helpful. Lower Back Revolution By Michael Cannistraro Low Back Disorders written by Stuart McGill is one of those books that turns the idea of lower back rehabilitation on its head. I am 49 years old and have had back trouble since the age of 19. My first experience with back exercises was the knee to chest and knee to opposite chest. It has been followed by machines, situps, and virtually anything else that you can think of. If you had told me that no one ever bothered to figure out if these exercises were at risk to cause damage or at best counterproductive, I would have said you were screwy. It sounds like this was all some old wivestale medicine along with leeches and evil spirits. McGill states that the two areas of fitness that I have been pursuing; strengthening and flexibility, are not the primary goals but we should be focusing on stabilization. The exercises that he recommends are ones that I have seen before on my thirty year journey but were never told that these were the safest to do and they were usually a part of a routine that had some unsafe exercises as well. I still cannot believe that the standard single knee to chest exercise is not productive and creates unsafe hip flexion. Exercise rehabilitation is not the only myth he breaks. I now realize that there is no one best way to sit in a chair. I have learned the proper way to lift things. It is worth going through the entire book because you will learn something but be prepared that the first two sections of the book are technical and may be hard to comprehend. Don't let that stop you. Believe me, you will find something useful throughout the book. I give this five star review based on the fact that the information is based on concrete studies. I haven't even started the exercises but plan on doing that today. Given the doctor's track record, it would seem that I stand a good chance of improving.

Access the latest research and applications to build effective prevention and rehabilitation programs for your patients or clients with *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*. Internationally recognized low back specialist Stuart McGill presents original research to quantify the forces that specific movements and exercises impose on the low back, dispels myths regarding spine stabilization exercises, and suggests prevention approaches and strategies to offset injuries and restore function. *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, presents a clear exposition of back anatomy and biomechanics and demonstrates how to interpret the latest research on low back involvement for clinical applications. The text also contains detailed information on injuries associated with seated work and sport and ergonomic issues related to manual handling of materials. With *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, you will gain valuable information on measured loading of the back during specific activities and apply it to avoid common but counterproductive practices in back rehabilitation; learn how to analyze each patient's or client's unique physical characteristics and lifestyle factors to tailor preventive measures and treatments to individual needs; learn how to help patients and clients progress through the stages of rehabilitation: corrective exercise, stability or mobility, endurance, and strength; and acquire the information necessary to design an effective injury-prevention program. This fully updated second edition expands knowledge of low back disorders and best practices in several areas. Enhanced algorithms guide progressive therapeutic exercise, and specially designed patient assessment provocation tests aid you in determining the cause of back troubles, guide your choices in the best ways to eliminate problems, and improve the development of appropriate activities for functional gain. Whereas the first edition focused on increasing spine stability, the second edition provides new information on dealing with both regional instability or mobility and regional stiffness present in individuals where most of the motion occurs at a single spinal segment. With an expanded repertoire of pain-free motion exercises and additional information on ways to find and adjust stabilization exercises, *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, offers you new tools to help your patients and clients achieve pain-free exertion. The text includes exercises and activities that provide a solid foundation of physical work in preparation for more advanced activities in sports and occupations. Also, the process of transitioning into performance exercise is outlined with an explanation of the critical stages of the performance

pyramid, including the design of appropriate corrective exercise, building joint and whole-body stability, enhancing endurance, training true strength, and transitioning to ultimate performance. *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, presents foundational information and corresponding clinical applications in a clear, well-sequenced format. Part I builds your knowledge of lumbar function and injury. Part II demonstrates how to use this knowledge to build evidence-based injury-prevention programs by assessing risks, creating ergonomic interventions, and training personnel. Part III focuses on improving rehabilitation techniques, including specific diagnostic and provocative tests, with specific therapeutic exercises proven to enhance performance and reduce pain through a continuum from corrective exercise to stability and mobility, endurance, strength, and power. Additionally, the text offers these practical features to guide your learning and inform your practice: -More than 475 photos, graphs, and charts support the research and the scientific basis for the text's conclusions. -More than 50 tests and exercises with step-by-step instructions help you develop successful programs for your patients and clients. -Special sections highlight how the anatomical, biomechanical, and research results can be applied to clinical situations. -Extensive discussions on individualizing treatment for clients or patients help you improve your assessment skills by learning what questions to ask and what avenues of investigation to pursue with each patient or client. -Reproducible handout sheets for each of the 25 basic rehabilitation exercises, which include photos and blank lines for instructions, enable the creation of instruction sheets tailored to the current needs and progress rates of each patient or client. Cutting-edge research and evidence-based application strategies from the leading spine specialist in North America make *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, the authoritative text for study, care, and treatment of the low back. Its unique approach to back care will guide you in developing intervention, rehabilitation, and prevention programs to address the unique needs of each patient or client and develop a strong scientific foundation for your practice.

""McGill's text on "Low Back Disorders" is one that every treating clinician should have for their own professional library."" -"AAESS News "(Australian Association for Exercise and Sports Science) ""This is a fine blend between science and practical application by a credible author. The author is in a unique position to share his own valuable research and clinical experience to advance the treatment of alleviating low back disorders." "Doody's Book Service "McGill's text on Low Back Disorders is one that every treating clinician should have for their own professional library."-AAESS News (Australian Association for Exercise and Sports Science)"This is a fine blend between science and practical application by a credible author. The author is in a unique position to share his own valuable research and clinical experience to advance the treatment of alleviating low back disorders." Doody's Book Service"McGill has created an outstanding scientific work on the prevention and rehabilitation of low back disorders."CHOICE About the Author Stuart McGill, PhD, is a professor at the University of Waterloo at Waterloo, Ontario, Canada, and a world-renowned lecturer and expert in spine function, injury prevention, and rehabilitation. McGill has written more than 200 scientific publications on the topics of 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. 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.