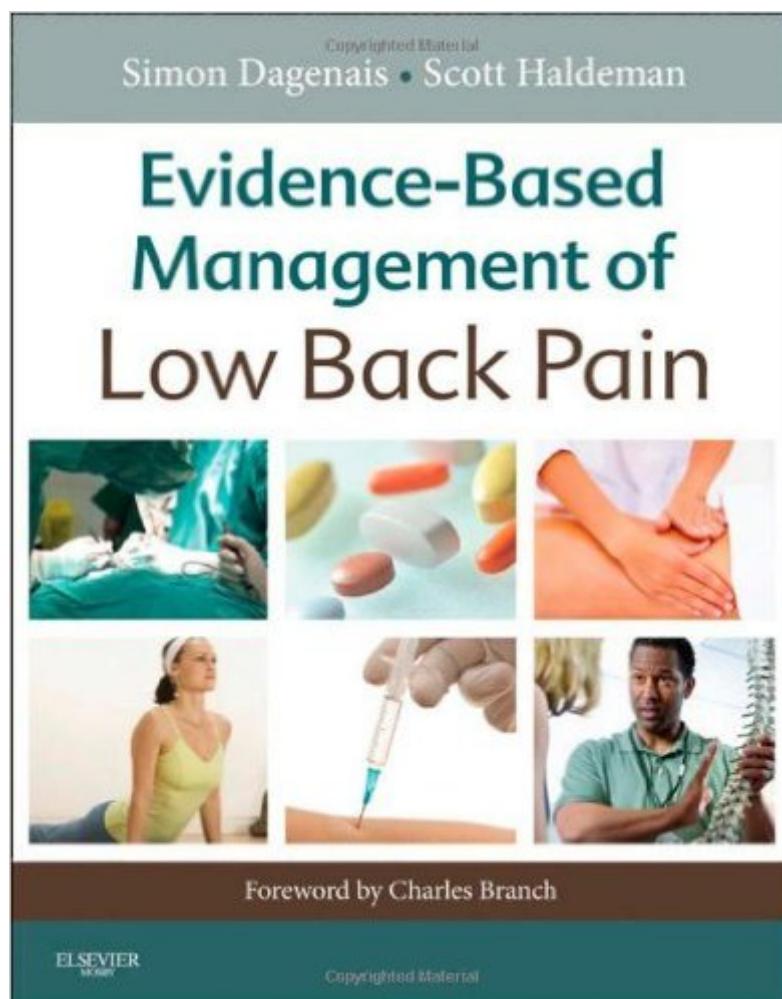


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# Evidence-Based Management Of Low Back Pain, 1e



## Synopsis

Covering all commonly used interventions for acute and chronic low back pain conditions, Evidence-Based Management of Low Back Pain consolidates current scientific studies and research evidence into a single, practical resource. Its multidisciplinary approach covers a wide scope of treatments from manual therapies to medical interventions to surgery, organizing interventions from least to most invasive. Editors Simon Dagenais and Scott Haldeman, along with expert contributors from a variety of clinical and academic institutions throughout the world, focus on the best available scientific evidence, summarizing the results from the strongest to the weakest types of studies. No other book makes it so easy to compare the different interventions and treatment approaches, giving you the tools to make better, more informed clinical decisions. A multidisciplinary approach covers treatments from manual therapies to medical interventions to surgery, and many others in between. An interdisciplinary approach enables health care providers to work together. A logical, easy-to-follow organization covers information by intervention type, from least invasive to most invasive. Integration of interventions provides information in a clinically useful way, so it's easier to consider more than one type of treatment or intervention for low back pain, and easier to see which methods should be tried first. 155 illustrations include x-rays, photos, and drawings. Tables and boxes summarize key information. Evidence-based content allows you to make clinical decisions based on the ranking the best available scientific studies from strongest to weakest. Patient history and examination chapters help in assessing the patient's condition and in ruling out serious pathology before making decisions about specific interventions. Experienced editors and contributors are proven authors, researchers, and teachers, and practitioners, well known in the areas of orthopedics, pain management, chiropractic, physical therapy, and behavioral medicine as well as complementary and alternative medicine; the book's contributors include some of the leading clinical and research experts in the field of low back pain. Coverage based on The Spine Journal special issue on low back pain ensures that topics are relevant and up to date. A systematic review of interventions for low back pain includes these categories: patient education, exercise and rehabilitation, medications, manual therapy, physical modalities, complementary and alternative medicine, behavioral modification, injections, minimally invasive procedures, and surgery. Surgical interventions include decompression, fusion, disc arthroplasty, and dynamic stabilization. Additional coverage includes patient education and multidisciplinary rehabilitation.

## Book Information

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## **Customer Reviews**

This book serves as an update of a special issue of The Spine Journal published in 2008 that focused on the management of acute and chronic low back pain without surgery. This textbook builds upon that issue and even improves the content. It's a well-organized and thorough review of the literature without being dull or tedious - not something you see very often. The different approaches discussed in this book include: physical activity, smoking cessation and weight loss; watchful waiting and brief education; back schools and fear avoidance training; lumbar stabilization exercise; lumbar strengthening exercise; McKenzie method; common analgesics; opioid analgesics; adjunctive analgesics; electrotherapeutic modalities and physical agents; traction therapy; massage therapy; spinal manipulation and mobilization; medicine-assisted manipulation and therapy; nutritional, herbal and homeopathic supplements; needle acupuncture; cognitive behavioral therapy; functional restoration; epidural steroid injections; trigger point injections; prolotherapy; lumbar medial branch neurotomy; intradiscal thermal therapies; nucleoplasty; decompression surgery; fusion surgery and disc arthroplasty. Each chapter has five sections in the discussion of each intervention: description, theory, efficacy, safety and costs. One of the great things about this text is its objectivity. If the research supports a certain intervention, it's discussed. If the research does not support a certain intervention or if the research is insufficient, that's discussed as well. When it's all said and done, this is an excellent text for any health care professional involved in managing low back pain. I would also highly recommend this text for students as well even if it's not required reading. I really can't imagine a better overview of all the different types of treatments available for the management of low back pain.

This is the most complete and comprehensive textbook on the current effective treatment protocols for chronic low back pain that I have read. I highly recommend this textbook to any physicians that want to give their patients the cutting edge treatment for these chronic disabling conditions. To the best of health, Dr Jim Wooley DCTwo Time Olympian and 1984 Olympic Team Doctor and Manager

I strongly recommend this book to any health care practitioner that is involved in treating low back. Evidence based protocols are the new light to guide us in helping a providers with certainty and confidence.

Excellent book, it is a complete review, and should be a reference book. It has details of all that is important. Buy it!

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