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Nota di contenuto	Cover -- Half-title -- Title -- Copyright -- Contents -- Chapter 1: How the back works -- GENERAL DESCRIPTION -- STRUCTURE OF A TYPICAL VERTEBRA -- REGIONAL DIFFERENCES -- SPINAL LIGAMENTS -- NERVES -- DISC STRUCTURE AND FUNCTION -- THE IMPORTANCE OF SPINAL FACET JOINTS -- SPINAL MOVEMENTS -- LUMBAR AND PELVIC MOVEMENTS -- MUSCLES OF THE LOWER TRUNK -- PELVIC FLOOR MUSCLES -- BACK EXTENSOR MUSCLES -- THE HIP MUSCLES -- MUSCLE ACTION -- THE NEUTRAL POSITION OF THE LUMBAR SPINE -- Chapter 2: Back conditions -- DISC INJURY -- BACK PAIN IN OBESITY -- BACK PAIN AND PREGNANCY -- ADVERSE NEURAL TENSION -- OSTEOPOROSIS -- OSTEOARTHRITIS -- LUMBAGO -- LUMBAR SURGERY -- GENERAL BACK CARE -- Chapter 3: Posture and back pain -- OPTIMAL POSTURE -- ASSESSING POSTURE IN THE CLINIC -- POSTURAL SWAY -- USING POSTURE CHARTS -- GENERAL PRINCIPLES OF POSTURAL EXERCISE -- POSTURE OPTIMISATION -- SITTING POSTURE -- Chapter 4: Principles of back rehabilitation -- STABILISATION MECHANISMS OF THE LUMBAR SPINE -- INTERACTING COMPONENTS OF STABILITY -- LOCAL AND GLOBAL MUSCLES -- THE ABDOMINAL

BALLOON -- BACK FASCIA -- BREATHING MECHANISM --  
SENSORIMOTOR REHABILITATION -- WHAT IS FUNCTIONAL TRAINING?  
-- BIOPSYCHOSOCIAL FACTORS IN LOW BACK PAIN -- Chapter 5: Client  
assessment and rehabilitation planning -- RED FLAGS AND  
CONTRAINDICATIONS TO REHABILITATION -- CLINICAL REASONING --  
CLIENT EVALUATION -- CHOOSING APPROPRIATE EXERCISE --  
MONITORING DISCOMFORT AND PAIN -- TISSUE REACTION TO  
EXERCISE THERAPY -- MEASURING EXERCISE INTENSITY -- DEFINE  
OUTCOME MEASURES -- FURTHER READING -- Chapter 6: Constructing  
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CONTROL -- CORE TRAINING SEQUENCES -- MONITORING DEPTH OF  
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TECHNIQUES TO AUGMENT BACK EXERCISE PERFORMANCE -- Chapter  
7: Gym-based back rehabilitation.  
HEALTH AND SAFETY IN THE GYM -- RESISTANCE TRAINING --  
FOUNDATIONS OF EXERCISE KNOWLEDGE -- GYM-BASED BACK REHAB  
EXERCISES -- Chapter 8: Functional retraining for the back -- BENDING  
AND LIFTING ACTIONS -- PUSHING AND PULLING -- TORSIONAL  
ACTIONS -- Chapter 9: Yoga for back rehabilitation -- WHAT IS YOGA?  
-- POSTURES FOR LOW BACK PAIN -- BREATHING EXERCISES --  
RELAXATION & MEDITATION -- FURTHER READING -- Chapter 10:  
Clinical Pilates for back rehabilitation -- FEATURES OF THE PILATES  
METHOD -- References -- Index.

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### Sommario/riassunto

Back pain will affect 80 per cent of your clients at some point in their lives, and it has been estimated at costing UK businesses over £5 billion annually both in days absent and through litigation. The back is a complex structure and all other parts of the body rely on its smooth functioning. Christopher Norris takes the reader through the anatomy and mechanics of the back, the injuries and disorders the various structures of the back can suffer and then recommends the best practice for rehabilitation, covering:

- The range of back conditions
- The role of posture and muscle imbalance in back pain
- The principles of back rehabilitation
- Client assessment and rehabilitation planning
- Gym-based back rehabilitation
- Functional retraining for the back
- Yoga and clinical Pilates for back rehabilitation.

The Complete Guide to Back Rehabilitation is the essential resource for all experts involved in back care, including massage therapists, exercise therapists, physiotherapists and fitness professionals. This Complete Guide clearly outlines both the theory and practical tools to produce an effective back rehabilitation programme and offers advice on how to protect clients against further damage.

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