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Nota di contenuto	THE WORKING BACK; CONTENTS; ACKNOWLEDGMENTS; CHAPTER 1 INTRODUCTION; 1.1 Audience for the Book; 1.2 Apolitical Causality Assessment; 1.3 A Systems View of Low Back Pain Causality; 1.4 The Reality of Work; 1.5 How Might the Different Aspects of Work Be Associated with Back Pain; 1.6 Organization of the Book; CHAPTER 2 BACK PAIN MAGNITUDE AND POTENTIAL RISK FACTORS; 2.1 What is Back Pain?; 2.2 How Common is Back Pain?; 2.3 Back Pain at Work; 2.4 Epidemiology of Work Risk Factors; 2.5 Epidemiology of Physical Risk Factors; 2.6 Epidemiology of Individual (Personal) Risk Factors; 2.6.1 Age 2.6.2 Gender 2.6.3 Anthropometry; 2.6.4 Fitness/Strength; 2.6.5 Alcohol; 2.6.6 Smoking; 2.6.7 Heredity/Genetics; 2.6.8 Social Class and Psychological Factors; 2.7 Epidemiology of Work-Related Psychosocial/Organizational Factors; 2.8 Potential Interaction of Physical and Psychosocial Factors; Key Points; CHAPTER 3 FUNCTION, STRUCTURE, AND SUPPORT OF THE BACK; 3.1 Body Coordinates; 3.2 Bony Structures of the Spine; 3.3 The Disc (and the Spinal Joint); 3.4 Functional Spinal Unit; 3.5 Spine Support; 3.6 Ligaments; 3.7 Muscles;

3.8 Fascia; 3.9 Nerves; 3.10 Blood Vessels
3.11 End Plates and Nutrition 3.12 Facets; 3.13 The System; Key Points;
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of Sensitization; 4.13 Disk and Nerve Roots
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4.17 Relationship between Tissue Loading and Pain; 4.18 Conclusions;
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5.3 The Support Structure Disruption Pathways; 5.3.1 Support Structure
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Spine Load Assessments; 6.6 Models of Spine Load
6.7 Biologically Driven Modeling of Spine Loading

Sommario/riassunto

A systems approach to understanding and minimizing the causes of low back pain in the workplace Low back pain affects 80% of the population at some point during their lifetime; it is responsible for over 40% of the compensation costs for work-related injuries. This book provides an understanding of the mechanisms influencing low back pain in the workplace and indicates how low back pain might be prevented, saving employers extraordinary amounts in medical costs and protecting workers from the most common on-the-job injury. With a unique, multidisciplinary perspective that shows how vario
