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Nota di contenuto

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2.6.2 Gender2.6.3 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 Nutrition3.12 Facets; 3.13 The System; Key Points; CHAPTER 4 THE PROCESS OF PAIN; 4.1 What is Pain?; 4.2 Origins of Pain; 4.3 Pain Transmission; 4.4 The Pain Process; 4.5 The Inflammatory Process (Cytokines); 4.6 Peripheral Nervous System Sensitization; 4.7 Neuropathic Pain: The Cytokine Cascade and Nerve Sensitization; 4.8 Pain Mechanisms of the Central Nervous System; 4.9 Role of the Environment in Central Sensitization; 4.10 Implications for Low Back Pain; 4.11 Nerves at Risk of Sensitization; 4.12 Tissues at Risk of Sensitization; 4.13 Disk and Nerve Roots
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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 workplaceLow 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

