



Fast Facts: Low Back Pain

By David Borenstein, Andei Calin

Download now

Read Online →

Fast Facts: Low Back Pain By David Borenstein, Andei Calin

Low back pain is one of the most common presenting complaints, can be extremely debilitating and carries enormous economic costs. In 70% of cases, however, no obvious cause is apparent. This makes a thorough history and skilled physical examination essential to identifying the cause of symptoms and developing an effective therapeutic plan.

This fully revised second edition of Fast Facts: Low Back Pain is the work of two leading experts. It equips the general healthcare professional with the knowledge and skill required to accurately assess each individual patient and offer the appropriate therapeutic choices for maximum pain relief.

- Detailed exploration of the clinical assessment, including history taking, the 'red flags' to watch out for, physical observations and gait assessment, psychological considerations, palpation, and neurological and muscle testing.
- Expert guidance on the appropriate therapeutic approach for optimal pain relief, covering conservative management, injections and surgical options.
- Therapeutic exercises for pain relief and progressive restoration of function.
- Maintenance exercises for posture correction, overall stretching and conditioning, and the avoidance of back strain.

All healthcare professionals who evaluate patients with back pain, or who have back pain themselves, will benefit from the thoughtful information and excellent illustrations presented in this comprehensive handbook.

 [Download Fast Facts: Low Back Pain ...pdf](#)

 [Read Online Fast Facts: Low Back Pain ...pdf](#)

Fast Facts: Low Back Pain

By David Borenstein, Andei Calin

Fast Facts: Low Back Pain By David Borenstein, Andei Calin

Low back pain is one of the most common presenting complaints, can be extremely debilitating and carries enormous economic costs. In 70% of cases, however, no obvious cause is apparent. This makes a thorough history and skilled physical examination essential to identifying the cause of symptoms and developing an effective therapeutic plan.

This fully revised second edition of *Fast Facts: Low Back Pain* is the work of two leading experts. It equips the general healthcare professional with the knowledge and skill required to accurately assess each individual patient and offer the appropriate therapeutic choices for maximum pain relief.

- Detailed exploration of the clinical assessment, including history taking, the 'red flags' to watch out for, physical observations and gait assessment, psychological considerations, palpation, and neurological and muscle testing.
- Expert guidance on the appropriate therapeutic approach for optimal pain relief, covering conservative management, injections and surgical options.
- Therapeutic exercises for pain relief and progressive restoration of function.
- Maintenance exercises for posture correction, overall stretching and conditioning, and the avoidance of back strain.

All healthcare professionals who evaluate patients with back pain, or who have back pain themselves, will benefit from the thoughtful information and excellent illustrations presented in this comprehensive handbook.

Fast Facts: Low Back Pain By David Borenstein, Andei Calin Bibliography

- Sales Rank: #1032978 in eBooks
- Published on: 2012-03-01
- Released on: 2012-03-01
- Format: Kindle eBook

 [Download Fast Facts: Low Back Pain ...pdf](#)

 [Read Online Fast Facts: Low Back Pain ...pdf](#)

Editorial Review

About the Author

David G Borenstein MD, Clinical Professor of Medicine, The George Washington University Medical Center, Arthritis and Rheumatism Associates, Washington, DC, USA

Andrei Calin, Consultant Rheumatologist, Royal National Hospital for Rheumatic Diseases Bath, UK

Users Review

From reader reviews:

Karen Taylor:

This Fast Facts: Low Back Pain are generally reliable for you who want to be described as a successful person, why. The reason of this Fast Facts: Low Back Pain can be one of the great books you must have is usually giving you more than just simple reading food but feed a person with information that perhaps will shock your prior knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed kinds. Beside that this Fast Facts: Low Back Pain giving you an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day action. So , let's have it and enjoy reading.

Sandra Jordon:

Reading a reserve can be one of a lot of activity that everyone in the world enjoys. Do you like reading book and so. There are a lot of reasons why people fantastic. First reading a publication will give you a lot of new facts. When you read a e-book you will get new information because book is one of several ways to share the information or maybe their idea. Second, reading through a book will make anyone more imaginative. When you reading through a book especially fiction book the author will bring one to imagine the story how the figures do it anything. Third, it is possible to share your knowledge to other people. When you read this Fast Facts: Low Back Pain, you are able to tells your family, friends along with soon about yours guide. Your knowledge can inspire different ones, make them reading a book.

Carla Heyward:

Do you have something that that suits you such as book? The guide lovers usually prefer to pick book like comic, limited story and the biggest an example may be novel. Now, why not hoping Fast Facts: Low Back Pain that give your fun preference will be satisfied by simply reading this book. Reading behavior all over the world can be said as the opportunity for people to know world far better then how they react in the direction of the world. It can't be explained constantly that reading addiction only for the geeky person but for all of you who wants to possibly be success person. So , for every you who want to start studying as your good habit, you could pick Fast Facts: Low Back Pain become your own personal starter.

Scott Schiller:

Many people spending their time period by playing outside having friends, fun activity with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by examining a book. Ugh, do you think reading a book can definitely hard because you have to use the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Smartphone. Like Fast Facts: Low Back Pain which is obtaining the e-book version. So , why not try out this book? Let's see.

Download and Read Online Fast Facts: Low Back Pain By David Borenstein, Andei Calin #PRBDZILNUCV

Read Fast Facts: Low Back Pain By David Borenstein, Andei Calin for online ebook

Fast Facts: Low Back Pain By David Borenstein, Andei Calin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Fast Facts: Low Back Pain By David Borenstein, Andei Calin books to read online.

Online Fast Facts: Low Back Pain By David Borenstein, Andei Calin ebook PDF download

Fast Facts: Low Back Pain By David Borenstein, Andei Calin Doc

Fast Facts: Low Back Pain By David Borenstein, Andei Calin Mobipocket

Fast Facts: Low Back Pain By David Borenstein, Andei Calin EPub