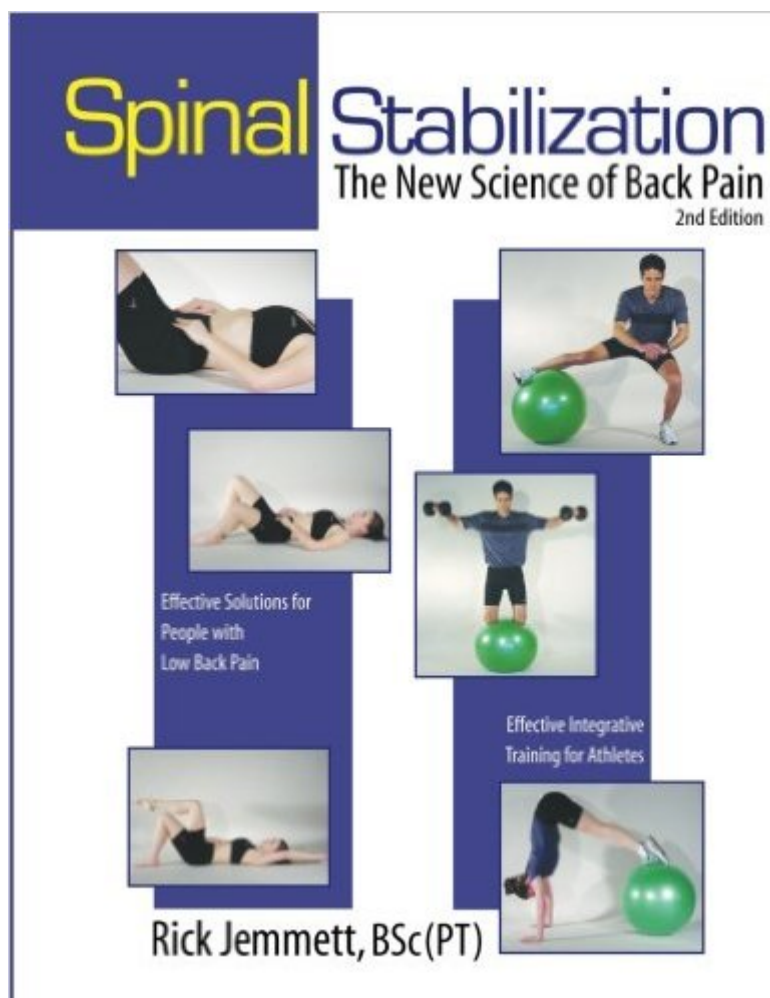


The book was found

Spinal Stabilization: The New Science Of Back Pain, 2nd Edition (8596-2)



Synopsis

Spinal Stabilization - The New Science of Back Pain, 2nd Edition is the most comprehensive and scientifically accurate resource for the general public on the subject of low back pain. Updated and expanded to include the most current research on low back pain and its treatment, this easy-to-read guide provides readers with 'need to know' information about the spine, effectively taking the mystery out of back pain and its treatment. Based upon sound and current research, 'Spinal Stabilization' describes how the spine and its muscles are intended to work, and how this changes once back pain sets in. New to the second edition is a clear discussion of the critical differences between stabilization exercises used by people with back pain and those who want a more high-performance , athletic spine. This is a key area author Rick Jemmett felt compelled to address. "There is still a significant amount of confusion in the rehabilitation, fitness and sports conditioning professions as to what truly constitutes therapeutic stabilization exercises. The better quality research is actually quite clear on this yet many people remain stuck on the idea that exercising on a ball will correct low back pain. Some low back pain patients might feel better temporarily with such programs, but we now have the ability to do so much more than this. Instead of simply reducing the symptoms for a short while, we have the ability to achieve a true correction of the problem." Spinal Stabilization, 2nd Edition is divided into two sections. The first describes in detail the scientifically proven Australian approach of therapeutic segmental stabilization exercise. Clear descriptions along with illustrations and photos give readers the tools they need to correctly perform these important exercises. The second section discusses the use of 'Integrated Training' in sport-specific conditioning programs. This involves the simultaneous training of the body's stability, balance and strength systems for maximum athletic performance.

Book Information

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Customer Reviews

This book explains really well the importance of the core middle layer abdominal muscles and how back problems arise and behave. The key to this book is being able to activate the transverse abdominis and the multifidus with pelvic floor muscles. ALL EXERCISES SHOWN IN THIS BOOK ARE BASED ON BEING ABLE TO ACTIVATE THESE MUSCLES before doing any of the subsequent follow on, well illustrated, excellent exercises. My gripe is that IT IS IMPOSSIBLE TO LEARN THESE EXERCISES FROM THE BOOK ALONE IF YOU HAVE NO ACCESS TO A PHYSIO WHO KNOWS HOW TO TEACH THEM. The only tuition given for transverse abd is.... "Once you have a good ability to activate the pelvic floor begin to pay attention to the TrA muscle. If it activates correctly you'll feel tension in the muscle under your fingers." But what if it doesn't activate correctly, - isn't this what happens with back pain? I thought I would be able to learn HOW TO activate them, not just why I need to. The only text that teaches you to train the vital multifidus muscle is: "Think of drawing the multifidus muscle together towards the centre of your spinal column." I don't know many people who could activate multifidus by just thinking about it, even if you have a friend poking you in the back. I felt I couldn't get on to the exercises that would make a real difference to my back pain as I never could get to contract my middle muscles or know whether I was contracting them, or oblique outer muscles or none at all.

The second edition of 'Spinal Stabilization- The New Science of Back Pain' (a. Rick Jemmett) gives readers a refreshing, at times amazing and yet an easy to read overview of the research and medical world's best understanding of how our lumbar region works and how this goes south when people have low back pathology. If the book did nothing else, this alone would be 'worth the price of admission'. Jemmett's ability to synthesize the complex but necessary research findings from the various disciplines (anatomy, biomechanics, neurology, epidemiology and pathology) is unusual and as readers we are thankful. His ability to explain this information in a style accessible to the lay person is also commendable and is greatly appreciated. Low back pain - while a common malady (most researchers begin their articles by noting that 80% of adults in the western world will experience a nasty bout of back pain at some point in their lives!) - is obviously an uncommonly complex problem as both traditional and non-traditional treatments have been so grossly unsuccessful. On this point the researchers are unified - treatment approaches to back pain such as

strengthening exercises, walking, stretching, swimming, acupuncture, yoga, pilates, even surgery - are all highly inconsistent in their effectiveness. In other words, each might be expected to 'work' in only 10 to 15% of cases. Even then, the relief provided by these various approaches is often short lived. Of those 80% of people who will have the big back pain episode, 70 to 75% of them will develop an ongoing, on and off again pattern of low back pain lasting many, many years.

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