



Back mechanic: the step by step McGill Method to fix back pain

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Author: [McGill, Stuart](#)
Place: Waterloo ON
Publisher: Backfitpro
Pub Date: 2015
Physical Description: 166 p. : ill.
Format: Book
Subject: [Back Injuries](#)
[Back Pain](#)
[Exercise Therapy](#)
[Rehabilitation](#)
ISBN: 9780973501827
Call No.: WE 720 M34b 2015
Location: KGH Library
Loan Policy: 21 days



Low back disorders: evidence-based prevention and rehabilitation

<https://iha.andornot.com/permalink/library19162>

Author: [McGill, Stuart](#)
Edition: 3rd. ed.
Place: Champaign IL
Publisher: Human Kinetics
Pub Date: 2016
Physical Description: xx, 404 p. : ill.
Format: Book
Subject: [Back Pain](#)
[Back Injuries](#)
[Low Back Pain](#)
[Rehabilitation](#)
Abstract: Introduction to the issues -- Epidemiological studies on low back disorders (LBDs) -- Functional anatomy of the lumbar spine -- Normal and injury mechanics of the lumbar spine -- Myths and realities of lumbar spine stability -- LBD risk assessment -- Reducing the risk of low back injury -- Building better rehabilitation programs for low back injuries -- Evaluating the patient -- Developing the exercise program -- Advanced exercises.
Notes: Includes bibliographical references and index.
ISBN: 9781450472913
Call No.: WE 755 M34 2016
Location: KGH Library
Loan Policy: 21 days