

Mckenzie Treat Your Own Back

Ruth Chambers,Gill Wakley,Alison Blenkinsopp

Summary of Robin McKenzie's Treat Your Own Back Everest Media,2022-03-13T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The book shows you how to put your back in if you have been unfortunate enough to have put it out, and it also shows you what steps you need to take to avoid a recurrence. #2 The majority of people who have back pain will experience recurring or chronic back problems. Once you learn self-management, you will be willing to take responsibility for your own care. #3 The majority of back pain is mechanical in nature, and is caused by problems with the moving parts. If you are a typical patient, your problem is worse when bending forward for prolonged periods, and especially if sitting for prolonged periods while driving. #4 The claim that back pain is a short-term problem ignores the evidence of research. Many studies show that far from being short-term, over 50 percent of patients suffer from recurring attacks or have persistent or chronic pain following their initial period of disablement.

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Treat Your Own Back Robin McKenzie,1985

Treat Your Own Back [videorecording] Based on the Book "Treat Your Own Back" by Robin McKenzie, 2010 Robin McKenzie,Yoav Suprun,Bernard Dino Bonomo,Sobe Spine (Firm),Spinal Publications New Zealand,2012 The DVD teaches anatomy, mechanical pain concepts, postural guidelines, and a McKenzie Method® exercise program that consists of extension, flexion and modification techniques. Educates about the benefits of self-treatment and provides a fundamental understanding of the sources of low back pain in a visual, hands-on format. Includes an interview with Robin McKenzie.

Treat Your Own Back Robin McKenzie,1988

Supporting Self Care in Primary Care Ruth Chambers,Gill Wakley,Alison Blenkinsopp,2018-08-08 Self care is about people's attitudes and lifestyle, as well as what they can do to take care of themselves when they have a health problem. Supporting self care is about increasing people's confidence and self esteem, enabling them to take decisions about the sensible care of their health and avoiding triggering health problems. Although many people are already practising self care to some extent, there is a great deal more that they can do. - Ruth Chambers, Gill Wakley and Alison Blenkinsopp, in the Preface. Designed around the Department of Health's Working in Partnership Programme, this book is full of easy-to-implement advice for everyday use, promoting a positive approach to self care and demonstrating how smoothly it can be introduced and undertaken. Supporting Self Care in Primary Care encourages interactive professional learning and development, both individually and within a team, and highlights the importance and benefits of self care in the workplace. It is a self-contained text with tools and illustrative examples to aid comprehension, and includes a complementary web resource containing further tools and a training package. All healthcare professionals involved in commissioning or providing primary care to patients will find this practical guide invaluable, as will healthcare managers and health promotion specialists.

Principles of Musculoskeletal Treatment and Management E-Book Nicola J. Petty,Kieran Barnard,2017-06-28 Now in its third edition, this core textbook continues to provide a comprehensive, evidence-enhanced guide to the principles of treatment and management of the musculoskeletal system. Nicola Petty is joined by Kieran Barnard in editing this new edition which also sees an expanded number of specialist clinicians and academics contributing individual chapters. Principles of Musculoskeletal Treatment and Management provides both students and experienced practitioners with an invaluable guide to the principles applied in contemporary musculoskeletal therapy. - Provides theory and research knowledge to underpin treatment and management strategies for patients with musculoskeletal conditions - Provides a rationale to support clinical decision-making - Offers an up-to-date evidence-enhanced approach to patient treatment and management - Emphasizes the importance of communication and clinical reasoning, as well as hands-on and rehabilitation skills - Brand-new chapter on the principles of communication and its application to clinical reasoning - Brand-new chapter on the principles of exercise rehabilitation - Highlights the health benefits of some treatment approaches - References updated throughout

A History of Seating, 3000 BC to 2000 AD Jenny Pynt,Joy Higgs,2010 The focus of this book is on functional seating, and the key argument presented is that functional seating needs to assist the person using it for the performance of seated tasks, enhance rather than detract from the person's posture and health, and it needs to provide aesthetic features that do not limit task or health. The book spans the period 3000BC to 2000AD and presents largely Western seating. This book is unique in its

approach to seating because it draws together evidence that relates to seating that facilitates health and task while also addressing aesthetic factors. This evidence creates an understanding of how seats may be designed to not only promote bodily health but also allow functional optimisation of sitting and seating. This book is important to furniture and industrial designers, interior decorators, architects, those teaching seat design, health professionals attending and educating those who relax or work in the seated position, furniture historians, and members of the general public interested in the history of seating.

Tidy's Physiotherapy, South Asia edition - E-Book Rajeev Aggarwal, 2024-12-18 Tidy's Physiotherapy: South Asia Edition is a comprehensive book for physiotherapy students as well as physiotherapy professionals. It covers fundamentals of physiotherapy, Physiotherapy in musculoskeletal conditions, Sports injuries, Cardiopulmonary conditions, Intensive care units, Neurological conditions, Women's health and Geriatric conditions. Salient Features • Chapters are revised and updated to meet the need of Physiotherapy students and professionals of India and South Asian countries • Chapter wise MCQs have been added in chapters to revise the lessons learnt and help in competitive exams • All the chapters are written succinctly with judicious balance of tables, pictures, boxes and line diagrams including flowcharts • Contributors are eminent physiotherapy and medical professionals with vast clinical and academic experience • The book has been written according to proposed physiotherapy syllabus by National Commission for Allied and Health care professions New to this Edition • 11 New chapters have been added in South Asia edition, the chapters are 1. Physiotherapist as a Health Care Professional: the Roles and Responsibilities 2. Diagnostic Imaging and Radiology for Physical Therapists 3. Orthotics and Prosthetics 4. Physiotherapy in Intensive care unit 5. Neurological Physiotherapy 6. Physiotherapy in Parkinson's Disease and Other Movement Disorders 7. Geriatric Physiotherapy 8. Yoga in Physiotherapy 9. Domiciliary Physiotherapy 10. Tele-Physiotherapy 11. Basic Ergonomics • Online six chapters 1. Collaborative Health and Social Care, and the Role of Inter-Professional Education 2. Clinical Leadership 3. Reflection 4. Changing Relationships for Promoting Health 5. Pharmacology 6. Acupuncture in Physiotherapy

ABC of Spinal Disorders Andrew Clarke, Alwyn Jones, Michael O'Malley, Robert McLaren, 2009-11-11 Spinal problems are one of the most common presentations confronting general practitioners. GPs see over 5 million patients per year in relation to back pain alone. It is one of the most common causes of absence from work and has an estimated treatment cost of £12 billion. Written by a multidisciplinary team of authors, including doctors, physiotherapists, and osteopaths, the ABC of Spinal Disorders is uniquely placed to address the causes and management of the different spinal conditions presenting in general practice. Providing practical guidance and advice on diagnosis, treatment, and when to refer the patient for further help, it is ideal for general practitioners, junior doctors, Foundation doctors, and all allied health professionals.

The End of Physiotherapy David A. Nicholls, 2017-07-31 Physiotherapy is arriving at a critical point in its history. Since World War I, physiotherapy has been one of the largest allied health professions and the established provider of orthodox

physical rehabilitation. But ageing populations of increasingly chronically ill people, a growing scepticism towards biomedicine and the changing economy of healthcare threaten physiotherapy's long-held status. Paradoxically, physiotherapy's affinity for treating the 'body-as-machine' has resulted in an almost complete inability to identify the roots of the profession's present problems, or define possible ways forward. Physiotherapists need to engage in critically informed theoretical discussion about the profession's past, present and future - to explore their practice from economic, philosophical, political and sociological perspectives. *The End of Physiotherapy* aims to explain how physiotherapy has arrived at this critical point in its history, and to point to a new future for the profession. The book draws on critical analyses of the historical and social conditions that have made present-day physiotherapy possible. Nicholls examines some of the key discourses that have had a positive impact on the profession in the past, but now threaten to derail it. This book makes it possible for physiotherapists to think otherwise about their profession and their day-to-day practice. It will be essential reading for scholars and students of physiotherapy, interprofessional and community rehabilitation, as well as appealing to those working in medical sociology, the medical humanities, medical history and health care policy.

Tidy's Physiotherapy E-Book Stuart Porter, 2013-01-17 A classic textbook and a student favourite, *Tidy's Physiotherapy* aims to reflect contemporary practice of physiotherapy and can be used as a quick reference by the physiotherapy undergraduate for major problems that they may encounter throughout their study, or while on clinical placement. *Tidy's Physiotherapy* is a resource which charts a range of popular subject areas. It also encourages the student to think about problem-solving and basic decision-making in a practice setting, presenting case studies to consolidate and apply learning. In this fifteenth edition, new chapters have been added and previous chapters withdrawn, continuing its reflection of contemporary education and practice. Chapters have again been written by experts who come from a wide range of clinical and academic backgrounds. The new edition is complemented by an accompanying online ancillary which offers access to over 50 video clips on musculoskeletal tests, massage and exercise and an image bank along with the addition of crosswords and MCQs for self-assessment. Now with new chapters on: - Reflection - Collaborative health and social care / interprofessional education - Clinical leadership - Pharmacology - Muscle imbalance - Sports management - Acupuncture in physiotherapy - Management of Parkinson's and of older people - Neurodynamics Part of the *Physiotherapy Essentials* series - core textbooks for both students and lecturers! - Covers a comprehensive range of clinical, academic and professional subjects - Annotated illustrations to simplify learning - Definition, Key Point and Weblink boxes - Online access to over 50 video clips and 100's of downloadable images (<http://evolve.elsevier.com/Porter/Tidy>) - Online resources via Evolve Learning with video clips, image bank, crosswords and MCQs! Log on and register at <http://evolve.elsevier.com/Porter/Tidy> - Case studies - Additional illustrations

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The Australian Journal of Physiotherapy ,2004

Fibromyalgia: A Comprehensive Approach Miryam Ehrlich Williamson,1996-08-01 Describes the causes, symptoms, and treatments for fibromyalgia and offers advice on finding the right doctor, pain medicines and nondrug therapies, meditation and relaxation techniques that help, and detecting and treating fibromyalgia in children

The Body Under Stress Ed Conduit,2024-11-01 Originally published in 1995, The Body Under Stress, reissued here with a new preface, seeks to define positive health, the skills needed to acquire it, and how to pass them on to others as part of education and counselling on health issues. Most people now view health as “fitness” – a repertoire of skills or health behaviours, necessary to overcome: excessive workload; bereavement; reliance on alcohol, tobacco or other drugs; over-use of back or neck. While many of these behaviours are acquired informally, some need to be taught by health professionals. This need was being recognized at a time when health services were increasing their interest in the maintenance of health, in addition to the treatment of illness. A scientific approach to positive health is relevant equally to medical and complementary health practices. The second half of this book examines the evidence that health behaviours can prevent illnesses such as: heart disease; ulcers; back injuries. A comprehensive review of the research and development at the time, this book will still be of interest to many health professionals for whom patient education and counselling is a major part of their role. This includes many nurses, remedial therapists, clinical and health psychologists, and complementary practitioners. Such readers,

and clients wishing to make better use of consultations with their doctors, will find this book an indispensable storehouse of information.

Fighting Back Elizabeth Reilly, 2014-01-02 One summer evening in 2005, Elizabeth Reilly climbed over a stile which collapsed under her, leaving her doing the splits across a fence. This unusual event resulted in an injury that caused chronic pain in her groin, pelvis and back that treatment after treatment failed to fix. An X-ray and an MRI showed nothing, yet the pain continued. Determined to get back to a full and active life and the walking she loved, Elizabeth left no stone unturned in her quest for a solution; during which she endured being stood on and pushed into impossible seeming postures. In this engaging and human story, Elizabeth examines the little known treatments of Rolfing, myofascial release, prolotherapy and InterX therapy, which she sampled alongside the more conventional treatments of physiotherapy and chiropractic. Read on to discover the ups and downs, setbacks and triumphs in this humorously told story of a woman determined to overcome chronic pain.

Perfect Executive Health Andrew Melhuish, 2011-11-30 The many changes in today's workplace brought about by recession and technical innovation mean that executives - and indeed everyone in employment - are working longer hours with greater demands on their flexibility and skills. It has become increasingly difficult to balance the needs of work and home, and to maintain good health and good relationships. This book shows you how to moderate the demands of a tougher working environment by managing stress and improving your lifestyle with delegation, time management, learning to say 'NO' plus a sensible diet and exercise. It looks at the different conditions which may effect the executive, plus symptoms and treatment, and surveys alternative medicine such as acupuncture, chiropractice, homeopathy and hypnotherapy.

PT, 1995

The Art of General Practice David Bartlett, 2018-08-20 A collection of life experiences, anecdotes and suggestions from an experienced GP and GP trainer focusing on the emotional intelligence required to be a great GP. The Art of General Practice is a short text written by an experienced GP and GP trainer. It is a book which will help focus the mind of the reader (GPs of all descriptions: young GPs, returners to general practice and even jaded GPs) on what it means to be a GP. Too often general practice focuses on guidelines, ever-changing targets, incentives or the academic side of medicine and the art and craft of being a GP is forgotten. The book aims to redress the balance; it helps the reader refocus on the emotional intelligence needed to be a great GP. The book consists of a number of short chapters so the busy GP can dip in and out of it as time allows - each chapter helps the reader re-centre on the core skills and techniques needed to be a great GP, and the benefits these skills will bring to both GPs and patients alike. There is almost no medicine in this book; it is a book of life experiences, anecdotes and suggestions - all aimed to help you survive the increasing pressures of general practice and make your life as a GP more interesting and less stressful.

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