



Back Pain - A Movement Problem: A clinical approach incorporating relevant research and practice

Josephine Key

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Back Pain: a movement problem is a practical manual to assist all students and clinicians concerned with the evaluation, diagnosis and management of the movement related problems seen in those with spinal pain disorders. It offers an integrative model of posturomovement dysfunction which describes the more commonly observed features and related key patterns of altered control. This serves as a framework, guiding the practitioner's assessment of the individual patient.

- Examines aspects of motor control and functional movement in the spine, its development, and explores probable reasons why it is altered in people with back pain
- Maps the more common clinical patterns of presentation in those with spinal pain and provides a simple clinical classification system based upon posturomovement impairments
- Integrates contemporary science with the insights of extensive clinical practice
- Integrates manual and exercise therapy and provides guiding principles for more rational therapeutic interventions:
 - which patterns of movement in general need to be encouraged
 - which to lessen and how to do so
- Abundantly illustrated to present concepts and to illustrate the difference between so-called normal and dysfunctional presentations
- Written by a practitioner for practitioners

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