

Contents

Part I Lumbar Spine Subjects

1	Clinical Anatomy of the Lumbosacral Spine.....	3
	The Spine	3
	Bones.....	4
	Intervertebral Discs	5
	Muscles, Tendons, and Ligaments	6
	Nerves	7
	Vascular.....	8
	References and Suggested Further Reading	10
2	Lower Back Pain: An Overview of the Most Common Causes	11
	References and Suggested Further Reading	12
3	Treatment of Acute Lower Back Pain	15
	References and Suggested Further Reading	18
4	When Are Imaging Studies Indicated and What Do They Tell Us?	19
	References and Suggested Further Reading	20
5	Discogenic Lower Back Pain	21
	References and Suggested Further Reading	30
6	Facet Joint Arthropathy	33
	References and Suggested Further Reading	40
7	Sacroiliac Joint Pain	43
	References and Suggested Further Reading	48
8	Spondylolisthesis	49
	References and Suggested Further Reading	52
9	Spondylolysis	53
	References and Suggested Further Reading	55

10	Lumbosacral Radiculopathy	57
	References and Suggested Further Reading	63
11	Piriformis Syndrome	65
	References and Suggested Further Reading	67
12	Spinal Stenosis	69
	References and Suggested Further Reading	72
13	Compression Fractures	75
	References and Suggested Further Reading	77
14	Epidural Steroid Injections: Dispelling Common Myths	79
	References and Suggested Further Reading	81
15	Red Flag Signs and Symptoms	83
16	Exercises for Lower Back Pain	85
17	The Mind-Body Connection: Is Stress Important?	89
18	Alternative Treatments	91
	Chiropractic Care	92
	Acupuncture	92
	Prolotherapy	93
	Platelet-Rich Plasma	94
	References and Suggested Further Reading	94

Part II Clinical Scenarios

19	Clinical Case #1: James	97
	Physical Examination	98
	Assessment and Plan	98
	Follow-Up	99
20	Clinical Case #2: Ruth	101
	Physical Examination	102
	Assessment and Plan	102
	Follow-Up	102
21	Clinical Case #3: Steve	107
	Physical Examination	108
	Assessment and Plan	108
	Follow-Up	108
22	Clinical Case #4: Carol	111
	Physical Examination	112
	Assessment and Plan	112
	Follow-Up	112

23	Clinical Case #5: Tania	115
	Physical Examination.....	116
	Assessment and Plan.....	117
	Follow-Up	118
24	Clinical Case #6: Frank	121
	Physical Examination.....	122
	Assessment and Plan.....	122
	Follow-Up	123
25	Clinical Case #7: Natasha	127
	Physical Examination.....	128
	Assessment and Plan.....	128
	Follow-Up	129
26	Clinical Case #8: Jack	133
	Physical Examination.....	134
	Assessment and Plan.....	134
	Follow-Up	135
27	Clinical Case #9: Esther	137
	Physical Examination.....	138
	Assessment and Plan.....	138
	Follow-Up	139
28	Clinical Case #10: Rebecca	145
	Physical Examination.....	147
	Assessment and Plan.....	147
	Follow-Up	148
29	Clinical Case #11: Hector	155
	Physical Examination.....	156
	Assessment and Plan.....	156
	Follow-Up	157
	Index	159

Non-Operative Treatment of the Lumbar Spine

Cooper, G.

2015, XIII, 163 p. 24 illus., 15 illus. in color., Softcover

ISBN: 978-3-319-21442-9