



The Biomechanics of Back Pain, 1e

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Back pain is a common condition that affects a large percentage of the population, creating a significant impact on individual health and employment, as well as on the workload of manual therapy practitioners and orthopedic surgeons. This practical text, written by four key researchers in the field, offers an effective approach to the management and treatment of back pain based on applications of biomechanics. By linking the clinical anatomy of the spine to biomechanics principles, it provides a bridge between anatomy and practical applications. This highly illustrated, up-to-date book is essential reading for anyone involved in the care and treatment of patients with back pain, as well as for those studying its causes and methods of prevention.

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