

Manual Handling The Spine

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[Manual Therapy Masterclasses](#) Springer Science & Business Media

Don't miss it! The second, completely revised and expanded edition of the successful surgical manual on minimally invasive spine surgery includes 51 chapters (including more than 20 new chapters) covering all current minimally invasive techniques in spine surgery. A complete survey of all microsurgical and endoscopic techniques with a special focus on semi-invasive injection techniques for diagnostic and therapeutic purposes in low back pain is given. The clear chapter structure with terminology, history, surgical principles, advantages/disadvantages, indications, access principles, complications, and results facilitates navigation through the manual. Topics include the principles of microsurgical and endoscopic treatment, spinal navigation and computer-assisted surgery, minimally invasive reconstruction, fusion, dynamic stabilization in fractures, degenerative disc disease, spinal stenosis, low back pain and deformities. The didactic presentation of surgical steps makes the reader familiar with all types of new minimally invasive techniques in clinical use or still in ongoing clinical trials such as minimally invasive spine arthroplasty.

[Intrinsic Lumbar Spine Shape](#) Lippincott Williams & Wilkins

Aims to draw attention to the use of combined movements when examining and treating mechanical disorders of the vertebral column. It is intended that this manual is used in conjunction with the more complete texts of Maitland (1986) and Grieve (1988).

[Back Injuries](#) Routledge

Did you know that an estimated 12% of nurses leave the profession annually because of back injuries and that over half of RNs complain of chronic back pain? This book presents best practices in safe patient handling and movement. Nurse and hospital administrators, clinicians, clinical managers, risk managers, and those involved in procurement and implementation of patient handling technologies in the health care environment will find this a practical resource for improving care and protecting staff from unnecessary injury. You will come away from reading this book with information that you can employ in a variety of work environments--hospitals, nursing homes, home care, and other health care organizations--whatever your practice setting may be. Caregiver safety approaches include: Evidence-based standards for safe patient movement and prevention of musculoskeletal injuries An overview of available equipment and technology Architectural designs for ergonomically safe patient care space Institutional policies, such as use of lift teams [Work Practices Guide for Manual Lifting](#) CRC Press

[Manual Materials Handling MMH](#) creates special problems for many different workers worldwide.

Labourers engaged in jobs which require extensive lifting/lowering, carrying and pushing/pulling of heavy materials have suffered increasing rates of musculo-skeletal injury, especially to the back.; This guide is intended to include all activities involved in MMH lifting, pushing, pulling, carrying and holding. Recommendations are provided in the form of design data that can be used to design different MMH work activities. The guide is divided into two parts. Part I outlines the scope of the problem, discusses the factors that influence a person's capacity to perform MMH activities and / or should be modified to reduce the risk of injuries, and reviews the various design approaches to solving the MMH problem. Part II provides specific design data in six distinct chapters. The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities.; The guide is aimed at all concerned with the health impact of MMH activities; occupational health and safety workers; senior human resource managers; ergonomists; workers' compensation lawyers; union representatives.

[Back Care at Work](#) National Academies Press

Assessment in natural contexts through observation is unquestionably complex. Systematic observation grounded in observational methodology offers a wide range of possibilities to the rigorous study of everyday behavior in their natural context. These possibilities have been enriched in recent decades with the explosion of information and communication technologies. In this eBook we assemble 23 articles from several researchers who have made important contributions to this evolving field. The articles included in this eBook has been organized with a first part on general methodological developments and a second part with methodological contributions that emphasize different application areas. Considering the enormous possibilities of the systematic observation in the study of daily life, we hope this eBook will be useful to understand innovative applications in different fields.

[Guide to Manual Materials Handling](#) Springer

Hospital staff and caregivers are regularly exposed to biomechanical overload risk, particularly at spine and shoulder level—a risk factor that will continue to rise with the progressive aging of the population. Patient Handling in the Healthcare Sector: A Guide for Risk Management with MAPO Methodology (Movement and Assistance of Hospital Patients) details the analysis of patient handling risk using the MAPO method in different areas of healthcare and helps you develop strategies to mitigate them. Focusing on the organization of work, this approach gives you the tools to: Rapidly analyse the problem Rapidly identify solutions Effectively monitor the results of preventive actions One of the special features of this approach is that it employs tools that allow you to allocate financial resources to estimate what investments are needed to achieve specific results. This means taking the decision-making process out of the hands of ergonomics experts and putting it into those of healthcare facility administrators.

[Evidence-Based Patient Handling](#) CRC Press

Every year workers' low-back, hand, and arm problems lead to time away from jobs and reduce the nation's economic productivity. The connection of these problems to workplace activities—from carrying

boxes to lifting patients to pounding computer keyboards—is the subject of major disagreements among workers, employers, advocacy groups, and researchers. Musculoskeletal Disorders and the Workplace examines the scientific basis for connecting musculoskeletal disorders with the workplace, considering people, job tasks, and work environments. A multidisciplinary panel draws conclusions about the likelihood of causal links and the effectiveness of various intervention strategies. The panel also offers recommendations for what actions can be considered on the basis of current information and for closing information gaps. This book presents the latest information on the prevalence, incidence, and costs of musculoskeletal disorders and identifies factors that influence injury reporting. It reviews the broad scope of evidence: epidemiological studies of physical and psychosocial variables, basic biology, biomechanics, and physical and behavioral responses to stress. Given the magnitude of the problem—approximately 1 million people miss some work each year—and the current trends in workplace practices, this volume will be a must for advocates for workplace health, policy makers, employers, employees, medical professionals, engineers, lawyers, and labor officials.

[Manual Physical Therapy of the Spine](#) McGraw-Hill/Appleton & Lange

A hands-on, how-to approach helps you learn techniques and clinical problem-solving skills for treating spine and TMJ disorders! Written by a well-known authority on the subject of spinal manipulation in physical therapy, this book provides the information you need to make sound decisions during clinical interventions. An evidence-based impairment classification approach helps you provide the best outcomes for your patients. A companion DVD includes video clips demonstrating spinal examination and manipulation procedures. Specifically for physical therapists dedicated to spinal manipulation! Complete coverage meets the core curriculum needs of physical therapy students, and provides an excellent self-study tool for clinicians wanting to enhance their practice. Detailed information on treatment strategies and techniques includes evidence-based coverage of the examination and treatment of spine and TMJ disorders, with an emphasis on integration of manipulation and therapeutic exercise. A framework for completing a comprehensive exam includes medical screening, patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Narrated video clips on a companion DVD include step-by-step instructions of each procedure, plus a unique 3-dimensional perspective of over 80 spinal manipulations and procedures (frontal, lateral, and cranial views). A DVD icon in the book links the text discussion to the DVD. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is used throughout the book, making the content easier to understand and promoting conformity in terminology. Clear photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. A clear, consistent format makes this a convenient reference in the clinical setting. Lay-flat binding allows the text to lay open for ease of use.

[Research on Work-related Low Back Disorders](#) CRC Press

The U.S. Bureau of Labor Statistics recently calculated nearly 60,000 musculoskeletal injuries to healthcare workers resulting from heavy lifting during attempts to move patients. Often the nurses, aides, orderlies, and attendants who suffered permanent injuries were forced out of the profession, straining an already inadequate pool of workers and

[Safe Patient Handling and Movement](#) Frontiers Media SA

This volume provides spinal surgeons with detailed instruction in the latest techniques of spinal instrumentation and fixation. The book is designed to equip the surgeon with the know-how needed to perform these procedures, enhance surgical results, and minimize complications.

[Fundamentals and Assessment Tools for Occupational Ergonomics](#)

Springer Publishing Company

This guide will help any employee, supervisor, manager, director or business owner to honestly evaluate their manual handling practices, enabling improvement in themselves and others to move and handle in a better, safer way.

[Do You Really Need Back Surgery?](#) BNA Books (Bureau of National Affairs)

Most people have back surgery to relieve pain, but all too often it doesn't help. For the half million people who undergo back surgery each year, and the additional million who are seriously contemplating it, *Do You Really Need Back Surgery?* is a godsend—an informed, reliable guide to when you should consider surgery and when you should not. Written by an internationally recognized expert in nerve and spinal surgery, this highly readable guide covers everything back patients need to know to make informed decisions about their treatment. The book discusses the details of spinal anatomy; the difference between acute, chronic, and recurring pain; shows how to keep the spine healthy; and explains such terms as spurs, stenosis, and slippage. It also reveals what clues your physician uses to predict whether a given

type of pain is likely to go away with rest and exercise, and which types may become emergencies. Dr. Filler discusses the risks of surgery, the decisions you may be faced with and what options you have, and your expectations for recovery. He provides detailed explanations of the wide array of spinal injections and surgeries, including discectomies and fusions, as well as innovative procedures such as electrothermic and laser techniques and artificial disks. He explains the various medical imaging and diagnostic tests available and even covers the complexities of health insurance. From Pilates to pedicle screws, and from osteoporosis to spina bifida, *Do You Really Need Back Surgery?* covers all the questions your doctor usually doesn't have the time to answer. Featuring more than 80 illustrations, it is an essential manual for every neck or back pain sufferer.

Manual Materials Handling Infobase Publishing

Back Stability: Integrating Science and Therapy, Second Edition aids practitioners in recognizing and managing back conditions using proven clinical approaches to help clients and patients stabilize their spines.

Guide to Manual Materials Handling Radcliffe Publishing

"This booklet is written for managers and supervisors in industries that involve the manual handling of containers. It offers suggestions to improve the handling of rectangular, square, and cylindrical containers, sacks, and bags. "Improving Manual Material Handling in Your Workplace" lists the benefits of improving your work tasks. It also contains information on risk factors, types of ergonomic improvements, and effective training and sets out a four-step proactive action plan. The plan helps you identify problems, set priorities, make changes, and follow up. Sections 1 and 2 of "Improvement Options" provide ways to improve lifting, lowering, filling, emptying, or carrying tasks by changing work practices and/or the use of equipment. Guidelines for safer work practices are also included. Section 3 of "Improvement Options" provides ideas for using equipment instead of manually handling individual containers. Guidelines for safer equipment use are also included. For more help the "Resources" section contains additional information on administrative improvements, work assessment tools and comprehensive analysis methods. This section also includes an improvement evaluation tool and a list of professional and trade organizations related to material handling."--Page 6.

Getting to Grips with Manual Handling Oxford University Press

Master the techniques and problem-solving skills needed to manage spinal and TMJ disorders! *Manual Physical Therapy of the Spine, 2nd Edition* provides guidelines to manipulation, manual physical therapy examination, and treatment procedures of the spine and temporomandibular joint. Informed by evidence-based research, this text offers detailed instructions for reaching an accurate diagnosis and developing a plan of care. Written by well-known spinal manipulation expert Kenneth Olson, this resource provides the complete information you need to make sound decisions during clinical interventions. Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of spine and TMJ disorders, along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation. Guidelines for completing a comprehensive spinal examination include medical screening, the patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Impairment-based manual physical therapy approach includes a review of the evidence to support its use to evaluate and treat spinal and TMJ conditions. Case studies demonstrate the clinical reasoning used in manual physical therapy. *Guide to Physical Therapist Practice* terminology is incorporated throughout the book, using accepted terms familiar in physical therapy settings. Expert author Ken Olson is a highly respected authority on the subject of spinal manipulation in physical therapy. A clear, consistent format for explaining techniques makes this reference easy to use in the clinical setting. NEW! Coverage of emerging topics includes soft tissue assessment, mobilization, dry needling, myofascial pain and trigger points, thoracic outlet syndrome, cervicogenic dizziness, and differentiation of headache types, plus expanded coverage of examination procedures and psychologically informed management strategies for chronic low back pain. NEW! Full-color design and photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. UPDATED evidence-based research provides the latest thinking on manual therapy of the spine.

Systematic Observation: Engaging Researchers in the Study of Daily Life as It Is Lived Elsevier Health Sciences

This volume provides a review of the definition, biomechanics, physiopathology, clinical presentation, diagnosis and treatment of lumbar segmental instability. The contributors address the controversies surrounding this condition and offer clinicians guidance in choosing appropriate and cost-effective therapy.

Manual Therapy of the Spine CRC Press

Explaining different therapy techniques, this book discusses vertebral problems and back pain under the heading of spinal dysfunction. There is emphasis on the physical examination and assessment of the patient, and a chapter on radiological investigations into this problem. (Based on *Manipulation of the*

Spine 1976)

Back Injuries in the Mining Industry Human Kinetics

Manual Materials Handling MMH creates special problems for many different workers worldwide. Labourers engaged in jobs which require extensive lifting/lowering, carrying and pushing/pulling of heavy materials have suffered increasing rates of musculo-skeletal injury, especially to the back.; This guide is intended to include all activities involved in MMH lifting, pushing, pulling, carrying and holding. Recommendations are provided in the form of design data that can be used to design different MMH work activities. The guide is divided into two parts. Part I outlines the scope of the problem, discusses the factors that influence a person's capacity to perform MMH activities and / or should be modified to reduce the risk of injuries, and reviews the various design approaches to solving the MMH problem. Part II provides specific design data in six distinct chapters. The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities.; The guide is aimed at all concerned with the health impact of MMH activities; occupational health and safety workers; senior human resource managers; ergonomists; workers' compensation lawyers; union representatives.

Ergonomic Guidelines for Manual Material Handling CRC Press

This book describes the anatomy and biomechanics of each area of the spine, pelvis and TMJ, and the theories behind the subjective and objective exams. Working from this foundation, detailed explanations on the assessment and treatment of each of the various areas are given, enabling the student and clinician to differentially diagnose, and integrate the results gleaned from the assessment, in order to formulate a working hypothesis. The sequential flow of the assessment is also detailed, with explanations as to its rationale, allowing a clinician of any proficiency level to use this book as a resource for an accurate biomechanical assessment, and the design of a specific treatment plan, based on those assessment findings. Recognizing the varying abilities between clinicians, most techniques are described with the patient sitting or lying in different positions.

Musculoskeletal Disorders and the Workplace CRC Press

This book highlights the problems and hazards of manual materials handling and provides ergonomic and engineering solutions for alleviating them. It is helpful for both researchers and practitioners who are committed to solving the multifaceted manual materials handling problem.