



# The Complete Guide to Back Rehabilitation (Complete Guides)

*Christopher M. Norris*

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## **The Complete Guide to Back Rehabilitation (Complete Guides)** Christopher M. Norris

Back pain will affect 80 per cent of your clients at some point in their lives, and it has been estimated at costing UK businesses over £5 billion annually both in days absent and through litigation. The back is a complex structure and all other parts of the body rely on its smooth functioning. Christopher Norris takes the reader through the anatomy and mechanics of the back, the injuries and disorders the various structures of the back can suffer and then recommends the best practice for rehabilitation, covering:

- The range of back conditions
- The role of posture and muscle imbalance in back pain
- The principles of back rehabilitation
- Client assessment and rehabilitation planning
- Gym-based back rehabilitation
- Functional retraining for the back
- Yoga and clinical Pilates for back rehabilitation.

*The Complete Guide to Back Rehabilitation* is the essential resource for all experts involved in back care, including massage therapists, exercise therapists, physiotherapists and fitness professionals. This Complete Guide clearly outlines both the theory and practical tools to produce an effective back rehabilitation programme and offers advice on how to protect clients against further damage.

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