

ix xi xiii xiii

XV

15

V

Mentebral Mechinecture and toad field is

toad second which seconds annesd bach

Intervertebrai Disc 44

CHAPTER 1 Introduction to the Issues

Legislative Landscape: The Unfortunate Adverse Impact on Bad Backs 3
 Deficiencies in Current Low Back Disorder Diagnostic Practices 3
 Is It True That 85% of Back Troubles Are of Unknown Etiology? 5 • Diagnosis by Hypothesis Testing 5 • Is It True That Most Chronic Back Complaints Are Rooted

in Psychological Factors? 6 • Does Pain Cause Activity Intolerance? 7

Inadequacies in Current Care and Prevention of Low Back Disorders 7

Ill-Advised Rehabilitation Recommendations 8 • Can Back Rehabilitation Be Completed in 6 to 12 Weeks? 10 • Should the Primary Goal of Rehabilitation Be Restoring the Range of Motion? 11 • What Are Better Alternatives in Dealing With Painful Backs? 11

Mechanical Loading and the Process of Injury: A Low Back Tissue Injury Primer 11 A Final Note 14

CHAPTER 2 Scientific Approach Unique to This Book

In Vitro Lab 15 In Vivo Lab 16

How the Virtual Spine Works 16 • Development of the Virtual Spine 21

CHAPTER 3 Epidemiological Studies on Low Back Disorders (LBDs) 22 Multidimensional Links Among Biomechanical, Psychosocial, and Personal Variables 22 Three Important Studies 23 • Do Workers Experience LBDs Because They Are Paid to Act Disabled? 24 • Does Pain Have an Organic Basis – Or Is It All in the Head? 25 • Are Biomechanical Variables and Psychosocial Variables Distinct? 28 • What Is the Significance of First-Time Injury Data for Cause and Prevention? 28 How Do Biomechanical Factors Affect LBD? 29

Mechanical Loading and LBD: Field-Based Risk Factors 29 • What Are the Lasting Physiological, Biomechanical, and Motor Changes to Which Injury Leads? 30 • What Is the Optimal Amount of Loading for a Healthy Spine? 31
What Are the Links Between Personal Factors and LBD? 32
What the Evidence Supports 33

35

CHAPTER 4 Functional Anatomy of the Lumbar Spine

```
Basic Neural Structure 35
```

```
Vascular Anatomy 36
```

```
The Vertebrae 36
```

```
Vertebral Architecture and Load Bearing 36 • Posterior Elements of the Vertebrae 41
Intervertebral Disc 44
```

```
Load-Bearing Abilities 44 • Progressive Disc Injury 44
Muscles 47
```

Muscle Size 48 • Muscle Groups 49 • Abdominal Muscles 56 • Psoas 60 • Quadratus Lumborum 61 • Muscle Summary 62

Ligaments 62

Longitudinal Ligaments 63 • Interspinous and Supraspinous Ligaments 63 • Other Ligaments in the Thoracolumbar Spine 65 • Normal Ligament Mechanics and Injury Mechanics 65 Lumbodorsal Fascia (LDF) 66 A Quick Review of the Pelvis, Hips, and Related Musculature 67 Clinically Relevant Aspects of Pain and Anatomic Structure 70 *Tissue-Specific Types of Pain 70* • Can Pain Descriptors Provide a Reliable Diagnosis? 71 A Final Note 71

CHAPTER 5 Normal and Injury Mechanics of the Lumbar Spine

Kinematic Properties of the Thoracolumbar Spine 72 Kinetics and Normal Lumbar Spine Mechanics 76

Loads on the Low Back During Functional Movements 76 • Loads on the Low Back During Various Exercises 87

Dubious Lifting Mechanisms 91

113

Intra-Abdominal Pressure 92 · Lumbodorsal Fascia 94 · Hydraulic Amplifier 95

• IAP, LDF, and Hydraulic Amplifier: A Summary 95

Other Important Mechanisms of Normal Spine Mechanics 95

Biomechanics of Diurnal Spine Changes 96 • Spinal Memory 96 • Anatomical Flexible Beam and Truss: Muscle Cocontraction and Spine Stability 97

Injury Mechanisms 98

Summary of Specific Tissue Injury Mechanisms 98 • Injury Mechanics Involving the Lumbar Mechanism 99 • Staying Within the "Biomechanical Envelope" 99 Biomechanical and Physiological Changes Following Injury 108

Tissue Damage Pathogenesis, Pain, and Performance 108 • Injury Process: Motor Changes 109 • Specific Patterns of Muscle Inhibition Following Injury 110 • The Crossed-Pelvis Syndrome and Gluteal Amnesia 110

CHAPTER 6 Myths and Realities of Lumbar Spine Stability Stability: A Qualitative Analogy 113

Quantitative Foundation of Stability 114

Potential Energy as a Function of Height 115 • Potential Energy as a Function of Stiffness and Elastic Energy Storage 117 • Muscles Create Force and Stiffness 118 • Sufficient Stability 119

Stability Myths, Facts, and Clinical Implications 119

PART II Injury Prevention

CHAPTER 7 LBD Risk Assessment

Brief Review of the Risk Factors for LBD 124
NIOSH Approach to Risk Assessment 125
1981 Guideline 125 • 1993 Guideline 126
Snook Psychophysical Approach 127
Lumbar Motion Monitor (LMM) 127
Ergowatch 128

Biological Signal–Driven Model Approaches 130

The Marras Model and the McGill Model 130 • EMG-Assisted Optimization 131

• Simple or Complex Models? 131

The Challenge Before Us 131

CHAPTER 8 Reducing the Risk of Low Back Injury

Lessons From the Literature 133

Compensation Board Statistics—an Artifact? 134 • Ergonomic Studies 134 • Rehab and Prevention Studies 134 • Studies on the Connection Between Fitness and Injury Disability 135 • Beyond Ergonomics: Is It Time to "Modify" the Worker? 135 LBD Prevention for Workers 136

Should Workers Avoid End Range of Spine Motion During Exertion? 136 • What Are the Ways to Reduce the Reaction Moment? 138 • Should One Avoid Exertion Immediately After Prolonged Flexion? 143 • Should Intra-Abdominal Pressure (IAP) Be Increased During Lifting? 144 • Are Twisting and Twisting Lifts Particularly Dangerous? 145
Is Lifting Smoothly and Not Jerking the Load Always Best? 145 • Is There Any Way to Make Seated Work Less Demanding on the Back? 148 • Some Short-Answer Questions 150
LBD Prevention for Employers 152
Injury Prevention Primer 154
A Note for Consultants 157

CHAPTER 9 The Question of Back Belts

Issues of the Back Belt Question 158

Scientific Studies 159

Clinical Trials 159 • Biomechanical Studies 161 • Studies of Belts, Heart Rate, and Blood Pressure 162 • Psychophysical Studies 163 Summary of Prescription Guidelines 163

PART III Low Back Rehabilitation

165

166

158

vii

123

124

133

CHAPTER 11 Evaluating the Patient

CHAPTER 10 Building Better Rehabilitation Programs for Low Back Injuries

Our Five-Stage Back Training Program 166 Finding the Best Approach 167 Stages of Patient Progression 169 Stage 1: Detect and Correct Perturbed Motio

Stage 1: Detect and Correct Perturbed Motion and Motor Patterns 169 • Stage 2: Establish Stability Through Exercises and Education 181 • Stage 3: Develop Endurance 182 Guidelines for Developing the Best Exercise Regimen 183 Developing a Sound Basis for Exercise Prescription 183 • Basic Issues in Low Back **Exercise Prescription 184**

Evaluating the Patient CHAPTER 11

The Most Crucial Element in Evaluation 189 First Clinician–Patient Meeting 190 Some Provocation Tests 192

A Note on Motion Palpation 198 • Distinguishing Between Lumbar and Hip Problems 198 Some Functional Screens 199

189

213

243

244

268

274

276

301

312

af Review of the Risk Fuctors for LED 124

The "Stiff" Spine 203 • Control of Torsional Motion 203 • Testing for Aberrant Gross Lumbar Motion 204

Testing Muscle Endurance 210

Developing the Exercise Program CHAPTER 12

Philosophy of Low Back Exercise Design 213

Clinical Wisdom 214

Sparing the Back While Stretching the Hips and Knees 214 • Flossing the Nerve Roots for Those With Accompanying Sciatica 216

Identifying Safe and Effective Exercises 217

Incorporating and Patterning the Muscles 218 • Eliminating Unsafe Exercises 218 • Selecting Safe and Effective Exercises 220

Beginner's Program for Stabilization: A Sample 221

Exercises That May Be Used in a Stabilization Program 222

CHAPTER 13 Advanced Exercises

Safely Increasing Challenges 231

Labile Surfaces and Resistance Training Machines 231 • Safely Progressing Back Exercises 233

Stage 1: Detect and Correct Percepted Model and Notes Pallents 169 25 (4) Start Start

Occupational and Athletic Work Hardening 236 Low Back Exercises for High-Performance Workers or Athletes 236 • Low Back Exer-

cises Only for Athletes 238

Looking Forward 241

Epilogue

viii

Handouts for Patients or Clients

Appendix

Glossary

References and Additional Readings

Index

About the Author