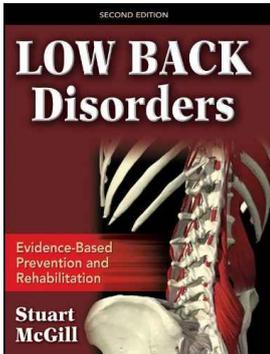


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# Low Back Disorders, Second Edition



Low Back Disorders, Second Edition

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0 of 0 people found the following review helpful. Elite Authority for Low Back Pain and InjuryBy NoahIf you are serious about keeping your lower back healthy, this book will help you understand some essential aspects of keeping it healthy and rehabilitating from injury.Professor McGill represents the best of the best when it comes to lower back pain, injury, and rehabilitation. After decades of experience performing quantitative experiments as well as having exposure to clinical "tricks of the trade," Professor McGill is the ultimate authority for rehabbing lower back pain.If you have any concerns about lower back pain and injury, Professor McGill is the ultimate authority on the subject. He continually hungers for more knowledge and analysis of what works and what doesn't, and uses EMG (electromyography) as well as other concrete quantifiable approaches to support many of his assertions in this book.If you want a healthy back, you can't use your spine for power. Keep it locked and braced in a comfortable natural position, and let your hips and shoulders do what they were meant to do - be mobile. This book explains a lot about anatomy, past approaches that have worked or haven't worked, and Professor McGill's highly influential and important work on the quantification and every day (literally) implementation of spine stability/stiffness.Professor McGill has helped me understand back disorders and how to treat them conservatively and I know that if you're dealing with lower back pain he can be of great help to you as well.2 of 2 people found the following review helpful. Great textbook! Bridges gap between clinicians and trainers!By PerpetualLearnerThis book has been embraced by the strength training community, and rightly so, for its great information on lumbar health and dysfunction and practical applications to exercise and real-world movements.While this book is very good, it should not be one's only source of info about the low back. I have found that the book applies more to disc herniation problems than other disorders of the spine. While it is true that spinal stability is a good thing to train in general, there are specific lumbar disorders and also certain stages of injury in which the exercises in this book do not work so well in practice. For example, in the acute stages of injury, in which the body already has triggered the protective mechanism of a prolonged contraction of the muscles in

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