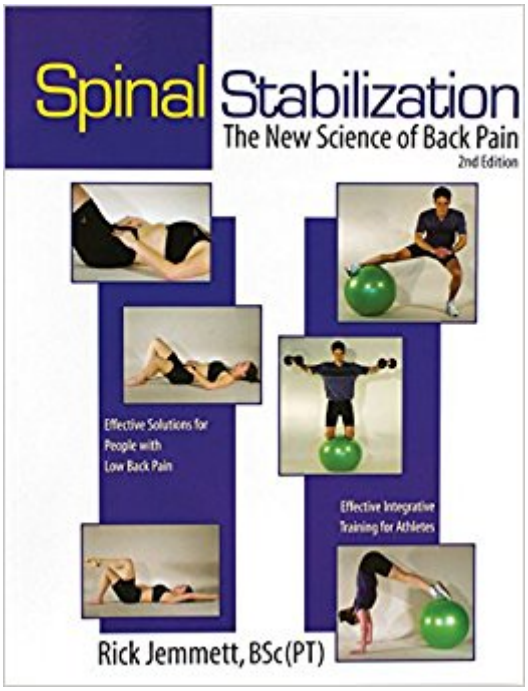
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Spinal Stabilization: The New Science Of Back Pain, 2nd Edition (8596-2)



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Synopsis

The second edition of Spinal Stabilization has been revised to describe key differences in stabilization exercises for people with low back pain. Organized into two sections: The first section is for people with back pain, and section two is for athletes seeking a high-performance, injury-resistant spine. Excellent resource for athletes seeking a more functional form of core stability training. Written by Rick Jemmett, BSc (PT). Illustrated. Softcover; 125 pages

Book Information

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Customer Reviews

"A most brilliant blend of research-based expertise and user friendly information. This book is readable and informative at all levels." -- Lisa Westlake, Physiotherapist and Australian Fitness Instructor of the Year, 2000. Author of ’Strong to the Core.’"After an injury to my lower back, nothing seemed to help it get better ... these exercises made the difference." -- Catherine Healy, San Rafael, CA USA"Jemmett states the case clearly and uses innovative training to teach the mind and body the way of spinal stabilization." -- Doug Garfield, Motioneering Inc., Author of ’The Steady Ski’"Rick Jemmett has done a great job of informing his readers of the cause and treatment of low back pain." -- Karen Orlando, (PT) Procare Inc.; Rehabilitation Consultant with Rowing Canada"This is a wonderful book. For the first time I had a good understanding of how the back works." -- Claudia G Curie, Halifax NS CAN"A most brilliant blend of research-based expertise and user friendly information. This book is readable and informative at all levels." -- Lisa Westlake, Physiotherapist and Australian Fitness Instructor of the Year, 2000. Author of ’Strong to the Core.’"After an injury to my lower back, nothing seemed to help it get better ... these exercises made the difference." --

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Rick Jemmett, B.Sc., (PT)A graduate of the University of Toronto s Physical Therapy program, Rick has lived and practiced in Halifax, Nova Scotia since 1994. His clinical work as a physical therapist at Maritime Physiotherapy involves the diagnosis and treatment of people with various forms of neuromusculoskeletal pathology. He has also lectured and taught courses for physiotherapists, physicians, kinesiologists and physiotherapy assistants across Canada and the United States through the Atlantic Manual Therapy Institute. His primary area of clinical interest center on the rehabilitation and prevention of spinal and shoulder instability.

The exercises in this book if done properly will make you stronger and help with spondylolisthesis. I read this whole book and started with the first exercises and progressed to the olympic level. Everything in the book is great except for the description on Spondylolisthesis which is not correct. I am collegiate runner and have Spondylolisthesis grade 1 borderline unstable and ran with this until i developed severe nerve pain down my legs. I spent almost six months trying to get an accurate diagnosis and a plan to recover so i could return to running. I saw eight different people, PTs, Doctors, and chiropractors before i figured out how to get myself better. I usually do not write reviews but I hope this review will save others a lot of time and money by learning from the mistakes i made. These are the steps that i would take if i could go back and do it all over again. It would

have of saved me thousands of dollars that i had to spend on getting a brace when my was really chronic etc...1. Read the article "Active or Inactive Spondlolysis and or Spondylolisthesis: What's the Real Cause of Back Pain?" by Terry Yerchum, leading D.C on spondylolisthesis.2. Get an MRI to determine if yours is acute/active or a chronic/inactive fracture3. If acute, get a hard brace fitted by an orthotist, follow Yerchum's protical4. If Chronic, find a chiropractor who knows their stuff, specifically about Yerchum, you might have to bring them the article but do not settle for just any chiropractor, one completely missed my fracture and my symptoms5. Follow the exercises in this book, Spinal Stabilization from the very beginning exercises except for exercises #8,9, and 10 on pg. 75 very hard on spondys, and progress to at least the advanced level if you are an athlete wanting to compete at a high level.Bottom line, I highly recommend this book if you are a spondy patient and/or athlete wanting to compete. Some Doctors will tell you that you will never compete again at a competitive level but with this book and my chiropractor i did.

This book is excellent. As an expert in spinal stabilization program design and instruction, I can attest to the quality of this book. I recommend it to my clients to help them continue the exercises I teach them, and to help them understand what's going on in their spine. I have seen so many clients improve their function and reduce back pain as a result of these exercises.

This is a wonderful book for ANY body - whether you have back problems or not. I use the techniques in this book in my every day life and always will ! (3 major surgeries in 11 mos. now 5 yrs ago)

Simple explanation and pictures to show clients what the core involves. I am a massage therapist and fitness instructor. Good book.

This is a very VERY good book! Would recommend to anybody. Easy to read, laid out in easy to read format and scientifically sound. There could be a table of contents, though.I have checked many of the facts against Stuart McGill's book and different articles I've read, and so far haven't found even minor errors.I am a layman myself and have fought with disabling back pain for 9 years. I've read pretty much everything on the subject I've got my hands on and this is the first time I've gotten clear and believable explanations on many setbacks I've encountered. I'm just hoping I now have found the last piece of the puzzle and things will start to work out.

The authors provide a different perspective on core strengthening. It could be hard for someone new to the material to grasp some of the concepts. Working with a chiropractor, physical therapist or trainer would be the best way to learn how to perform the exercises.

This book was recommended to me by my physical therapist after my car accident. The exercises and information are straightforward. Definitely recommended for folks looking to take ownership of their own healing process.

These exercises have alot in common with exercises my physical therapist has prescribed. I like that it includes things to practice for non injured individuals as well.

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