



# Low Back Pain: Mechanism, Diagnosis and Treatment

By James M Cox DC DACBR

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The Seventh Edition of this textbook is built upon the peer-reviewed literature and research studies in the diagnosis and treatment of low back and radicular pain, focusing on the nonsurgical chiropractic adjusting methods. This text is the culmination of twelve years of updated research and development of spinal manipulation. From spinal stenosis to rehabilitation of low back pain patients to the latest treatise on fibromyalgia, you'll find it all in **Low Back Pain, Seventh Edition**.

You'll find detailed discussion of:

- Biomechanics of the spine involved in low back pain
- The neurophysiology and pathology of the intervertebral disc and neural tissues in pain production, emphasizing compressive and chemical etiology of nerve pain
- Both federally and non federally funded spine research reports of flexion distraction spinal biomechanics and clinical outcomes of its application
- Researched updated application of flexion distraction and decompression spinal manipulation for spinal stenosis, disc herniation, facet syndrome, spondylolisthesis, transitional segment, scoliosis, and mechanical back pain
- Research studies of Ram Gudavalli, PhD performed at Palmer and National Universities of Chiropractic in collaboration with the Loyola University Stritch School of Medicine and Hines VA hospital
- Sacroiliac joint update of anatomy and biomechanics of spinal manipulation
- Chiropractic spinal manipulation compared to medical care and surgery of back and radicular pain for clinical outcomes and cost of care
- Rehabilitation of the back pain patient and its necessity in clinical management
- Intervertebral disc classification of degeneration, herniation types and clinical significance

New chapters in the Seventh Edition cover:

- Nutritional factors in the treatment of intervertebral disc degeneration and

osteopenia and osteoporosis of bone

- Treatment for back pain in the pregnant female patient with flexion distraction spinal adjustments
- Fibromyalgia: updated diagnosis and treatment of this problem condition
- Physiological therapeutics used in general chiropractic clinical practice in spine care
- The history and evolution of Cox flexion distraction chiropractic spinal manipulation
- Diagnostic testing from physical examination, diagnostic imaging, laboratory testing, and their combined input to correct diagnosis of the back pain patient

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## **Low Back Pain: Mechanism, Diagnosis and Treatment By James M Cox DC DACBR Bibliography**

- Sales Rank: #381710 in Books
- Published on: 2011-12-06
- Original language: English
- Number of items: 1
- Dimensions: 1.30" h x 8.50" w x 11.10" l, 4.65 pounds
- Binding: Hardcover
- 736 pages



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