

# Futher Resources

1. Rick Jemmett's , BSc(PT) book: Spinal Stabilization
2. "Explain Pain" by David Butler and Lorimer Moseley; the best summary of the new science regarding pain
3. "Stabbed in the Back" by Nortin M Hadler MD Good discussion of our health care system and saving some money
4. "You Tube" has some pretty good videos, look up "Kristie LaTray, back" for demos of some core exercises.

## **Management Model**

1. All ongoing back pain states require a medical examination to make sure any process that requires urgent attention is dealt with.
2. Make sure any prescribed help makes sense to you. Ask if there are any scientific studies supporting what is proposed.
3. Avoid total dependence on any practitioner.  
**you must take control**
4. Establish goals with your clinician. These could be physical, social and work goals which allow some way to measure progress

## **Questions to Consider**

**What is happening in my body?**

**How long will it take to get better?**

**What are all the options for management?**

**What can I do for it?**

**What can you do for it?**

**Is there anything nasty which needs special attention?**

**What do my physical findings, x-rays and scans really mean?**

**"How to Save Your Back"  
by**

**Karl Shewmake MD, CNBF**

**Actually  
a  
Better Title**

**You will have back pain  
but do not  
fear it**