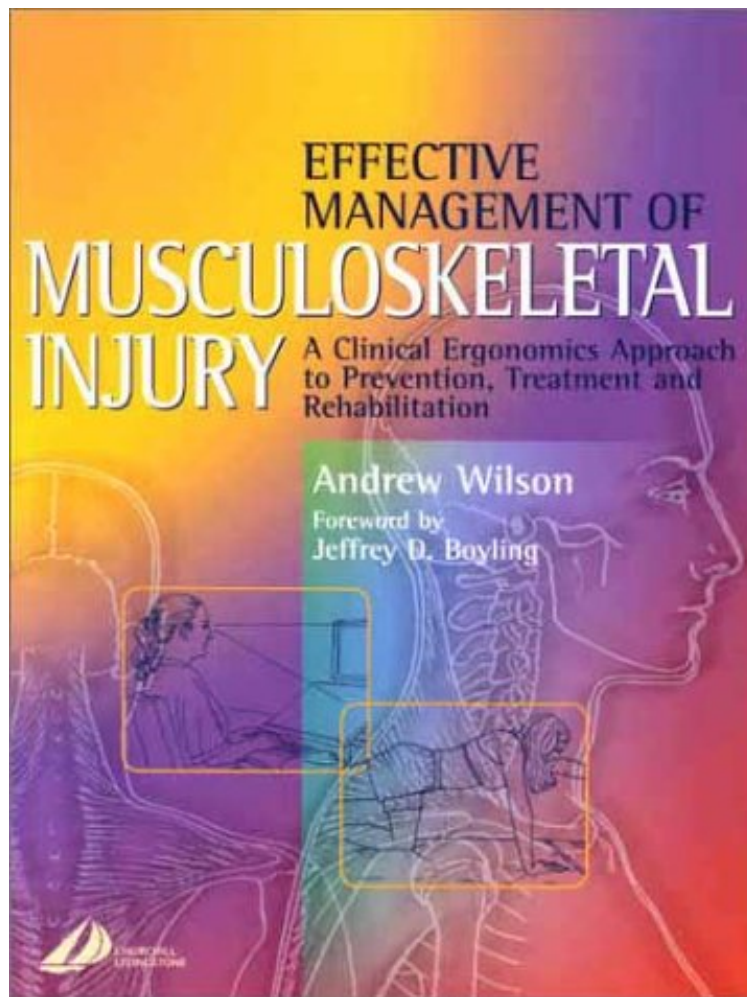


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Effective Management of Musculoskeletal Injury: A Clinical Ergonomics Approach to Prevention, Treatment, and Rehab, 1e

Andrew Wilson ND DO MNZRO

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In Effective Management of Musculoskeletal Injury the author presents a model for understanding musculoskeletal

injuries. He describes the common types of musculoskeletal injury and explores the contributory causes involved before detailing effective models for therapy and methods of management. Effective Management of Musculoskeletal Injury is research-based. It develops models for the management of musculoskeletal pain that include manual therapy, exercise, ergonomic and psychosocial interventions. Throughout the text particular attention is paid to pain resulting from cumulative and chronic types of injury. The book will be a valuable resource for all practitioners who deal with the management of musculoskeletal pain as part of their day to day practice. Presents a complete system of patient management that treats the injury, the patient with the injury, and the patient's environment. Examines the interface between ergonomics and manual therapy. The book emphasises understanding the cause of the injury and how these create the symptom picture. Addresses a major clinical problem area (chronic low back pain), which has high costs for the health systems and for employers. Provides a long-term solution to the demands on the time of practitioners by encouraging them to look beyond the presenting patient to the factors in their lifestyle which have created the problem. Topical - the problem of chronic back pain has become a major national crisis. Relevant to a broad spectrum of practitioners.

""This volume sets out to provide an overview of the clinical and ergonomic management of work-related musculoskeletal ill health. The format and text make it easily read and digested. The text is widely referenced and likely to encourage readers to extend their knowledge base further. It is a soft-back publication, on good quality paper, with the text literally illustrated with line drawings, charts and photographs."" J M Hoenich, Physiotherapy, April 2002

About the Author Andrew Wilson is a registered osteopath and qualified ergonomist. He works in private practice in New Zealand and also teaches to various professional groups concerned with the management of musculoskeletal problems. He graduated from the British College of Naturopathy and Osteopathy in 1981. Since then he has been in private practice as an osteopath in Tauranga New Zealand, where he is clinical director of a busy osteopathic clinic. He is a past president of the New Zealand Register of Osteopaths. Wilson started an ergonomic consultancy in 1992 completing over 500 workplace assessments. Since then he developed his own workplace assessment system which he teaches to other practitioners. His particular interests lie in the rehabilitation of overuse injuries and related furniture design. He has developed techniques specifically designed to address problems related to poor movement or posture. This book is based on his assessment system and related management techniques. He is also involved in teaching on the new masters course in osteopathy which was recently started up in Auckland, New Zealand. He lectures and writes about posture and ergonomics. His published books are 'Are You Sitting Comfortably?' (Optima) and 'The Complete Guide to Good Posture at Work' (Random House).