Index

abdomen-out walking posture, 209
abdominal (diaphragmatic) breathing, 180, 181–182
abdominal muscles, 31, 32
Access to Work, 75
accidents, 80, 305, 313
active treatment. See also exercise
back conditioning exercises, 102–103, 105
defined, 101
doctor dialogue, 102
exercise, 102–107
pain and functional restoration programmes, 107–108
acupoints, 145, 147, 327
acupuncture
cupping treatments, 147
defined, 17, 71, 144, 327
effectiveness for back and neck pain, 147
meridia, 145, 332
moxa treatment, 147
treatments, 145–147
Web sites, 337
acute injury, 266
acute pain. See also pain
defined, 38, 327
exercise during, 104
recurrent, 39, 105, 334
treatment for, 157, 294
when to a specialist, 295
addiction to medications, 114
aerobic exercise. See also exercise
benefits, 307
for conditioning back and neck, 105
safety guidelines, 269
t’ai chi as, 145
types of, 217
ageing
arthritis due to, 49, 297
degenerative disc disease as part of, 50
normal “wear and tear,” 305
aggressive behaviour, 318
Alexander technique, 17, 152–153, 337
allergic skin reactions, 148
alternate arm and leg reach exercise, 230–231
alternate nostril breathing exercise, 165
alternative medicine. See complementary medicine
anaesthetics, 14, 327
analgesics (painkillers), 16, 113–114, 327
ankylosing spondylitis, 327, 338
annulus fibrosis, 25, 42, 327
anterior, 135, 327
anti-anxiety medications (anxiolytics), 117, 327
antidepressants, 117–119, 327
anti-inflammatory medications
defined, 328
facet block, 51
how long to take, 114–115
non-steroidal, 47, 136
side effects, 86, 115
types of, 86, 114
anxiety
biofeedback for, 190
chest breathing, 180
medication, 117, 327
anxiolytics (anti-anxiety medications), 117, 327
arachnoiditis, 52–53, 328, 342
arm pain, 48, 305–306
arm reach exercise, 227, 229
armrests, chair with, 206
arms, position for bending and lifting, 215
aromatherapy, 17, 148, 338
arterial disease, 33
arthritis
defined, 328
rheumatoid, 49
of the spine, 49, 297
Web sites, 338
X-rays showing, 40
asanas (postures), 163–164
aspirin, 97, 113, 136
assertive communication, 318, 319–320
attitude about medical consultations, 321
automatic thoughts, 172–174

• B •
back and neck pain. See also causes of
back and neck pain; pain
arm pain symptoms, 48
attitudes toward, 304
chronic, 13, 39, 157
defining, 10–11
diagnosing, 39–40, 298–299
exercise guidelines, 104–105, 299–300
flare ups, 13, 257
gate control theory, 36–38, 331
healing on its own, 13
idiopathic, 331
lower-back, 55, 60, 252
misunderstanding, 35
overview, 9–10
preventing, 307–310
questions about, 293–300
resources, 323
stress-related, 12, 52, 298, 336
types of, 13, 38–39
waking at night with, 80, 127, 312
back arch exercise, 232–233, 234
back brace, 253, 272
Back Care Warehouse (Web site), 343
The Back Shop, 242, 343
BackCare, helpline, 301, 342
BackShop, 246
badminton, 272
beach imagery, 189
bed mattress
choosing, 208
importance of, 205–206
recommendations, 243–244
bed rest. See also sleep
getting in and out of bed, 83–84
number of days for, 81–82, 299
optimal sleep positions, 82, 83
as passive therapy, 110
returning to normal activities, 87
belts for weightlifting, 273
bending. See also lifting and bending
backward (hyperextension), 53, 267
forward (flexion), 201, 266
benzodiazepine (medication), 116
bicycling, 268
biofeedback, 190–191, 328
bladder or bowel problems, 80, 294, 312
blood and urine tests, 299
blood thinning medication, 97, 136
body language, assertive, 319
body mechanics, 15, 19
body weight, maintaining, 308
bodywork. See also complementary
medicine
Alexander technique, 17, 152–153, 337
described, 17, 150–151, 328
Feldenkrais method, 153
Pilates method, 151–152
Rolfing, 153
therapeutic massage, 109, 152, 340
Web sites, 339
bone scan, 97–98, 328
bouncing during stretches, dangers of, 265
bowling, 267, 274
braces, corsets, and collars
back brace, 253, 272
corsets, 253, 272
cautions for using, 81
corsets for bowling, 274
described, 16, 111
brachial plexus, 31
breathing exercises
alternate nostril breathing, 165
breathing awareness, 180–181
chest breathing, 180
diaphragmatic (abdominal) breathing,
180, 181–182
pranayama (breath control), 164–165
relaxed breathing, 182–183
for sleep, 169
walking, 210
British Chiropractic Association, 67, 339
British Osteopathic Association, 67, 341
bruising, side effect, 115
Bryant, Mike (Hypnotherapy For Dummies), 192
bulging disc. See disc bulge (protrusion)
bursitis, 328

• C •
CAB (Citizens Advice Bureau), 75
cages (fixation device), 135
car accidents, 80, 305
driving stress, 253–254
carpal tunnel syndrome, 305–306
cat and camel exercise, 226–227, 228
cauda equina syndrome
dangers of, 80
described, 126
surgery for, 126–127, 312
symptoms, 127, 312
causes of back and neck pain. See also back and neck pain; diagnosing back and neck pain; neck pain
arachnoiditis, 52–53
arthritis of the spine, 49
cauda equina syndrome, 42
cervical migraine and headaches, 48
chronic back and neck pain syndrome, 57–58
coccydynia, 54
degenerative disc disease, 50, 51
disc bulge (protrusion), 12, 41–43
disc herniation (extrusion), 12, 41–43
discitis, 59
emotional stress, 40, 52, 298
facet syndrome, 50–51
failed back surgery syndrome, 13, 58
fibromyalgia, 59–60
lumbar spinal stenosis, 56, 332
muscle and ligament problems, 12
negative thinking, 174–175
osteomyelitis, 60
osteoporosis, 61
overview, 11–12
prolonged overstretching, 166
psychological and emotional factors, 15, 40
psychosomatic pain, 50
resources, 323
scoliosis, 60
spinal fractures, 55
spinal infection, 42, 80, 312
spinal tumour, 80, 127, 312
spondylolisthesis and spondylolysis, 53–54
sports risks, 266–267
sprain-strain injury, 46–47
stress-related, 12, 52, 298, 336
transitional vertebrae, 61
whiplash neck, 48
CBT (Cognitive Behavioural Therapy), 15
central nervous system, 36
cerebral spinal fluid (CSF), 30
cervical
migraine, 48
spine, 328
spondylosis, 302, 305
support pillow, 247
vertebrae, 25, 328
chairs. See also sitting
buying, guidelines for, 206
computer chair (laptop package), 246
forward stretching in, 258–259, 260
for healthy sitting, 204, 310
for home, 242–243
massage, 243
for office, 245–246
rotational stretching in, 259, 261
support for unsupported chair, 205
changeable-height workstations, 246
chemonucleosis (chymopapain injection), 132, 328
chest breathing, 180
chi (qi)
in acupuncture, 144, 145
defined, 145, 334
in t’ai chi, 149
chiropractic. See also complementary medicine
acute back pain treated with, 294
cautions for using, 161
choosing, 156–158
defined, 14, 17, 328
diagnosis, 158–159
joint subluxation, 55
manipulation, 14, 156–157, 160, 332
multidisciplinary treatment, 19
organisations, 67, 339
philosophy, 156
questions to ask, 157–158
recovery time, 161
side effects, 160
statutory regulations, 155
treatment, 159–160
Web sites, 339
chronic health problems, 256
chronic pain, 13, 39, 157
chronic pain syndrome, 57–58, 130, 329
chymopapain injection (chemonucleosis), 132, 328
Citizens Advice Bureau (CAB), 75
coccydynia, 54, 329
coccyx, 29, 30, 329
coccyx cushion, 247
codeine (analgesic), 113
cognitive aspects, 15, 329
Cognitive Behavioural Therapy (CBT), 15
cold packs, 108
communication
aggressive, 318
assertive, 318, 319–320
non-assertive or submissive, 318
passive-aggressive, 318
styles of, 281, 318
with your doctor, 318–319
with your partner, 280–283
commuting, 254
compensation and litigation issues, 130–131
competition in sports, 265–266
complementary medicine. See also
chiropractic; mind-body techniques;
osteopathy; yoga
acupuncture, 17, 71, 144–147, 327, 337
aromatherapy, 17, 148, 338
bodywork, 17, 150–153, 328, 339
choosing, 143–144, 296
described, 17, 19
discussing with your doctor, 313–314
organisations, 338
overview, 17–18, 141
questions to ask about, 296
reflexology (reflex zone therapy), 18,
149–150, 342
rights and access, 71–72
t’ai chi, 18, 145, 149
Web sites, 338
complementary medicine practitioners
choosing, 66, 142–143, 294–295
credentials, 143
quackery, identifying, 143–144
questions to ask, 67, 143
referrals for, 66, 142
warning signs of poor practice, 67
working with your doctor, 67, 142
compression fractures, 55
computer chair (laptop package), 246
computerised tomography (CT) scan,
95–96, 329
conditioning exercises, 102–103, 105
conservative treatments. See also exercise;
passive therapies
defined, 329
home remedies, 79–87
invasive, 101, 119–124, 331
lack of response to, 128
medications, 112–119
non-invasive, 101
questions to ask your doctor, 92–93, 102
when you’re not improving, 314
consultant anaesthetists, 65
Consumer Protection Service (Web site),
339
contrast agent, 95
costal treatments. See conservative
treatments; surgery
cool down stretch, 265
cooling down, after sports, 265, 276
coping thoughts, 173
corsets for bowling, 274
crash diets, 308
CSF (cerebral spinal fluid), 30
CT (computerised tomography) scan,
95–96, 329
CT-myelography, 96–97, 332. See also
medical tests
cue-controlled relaxation, 183–185
cumulative effects of movement, 266
cupping treatments, 147
cycling, 264, 268

D
daily journal, 168–169
dancing, 269
deconditioning (deactivation) syndrome,
41, 263, 300, 329
degenerative disc disease
back and neck pain caused by, 50, 51
defined, 329
illustration, 51
overview, 296–297
treating, 50
Department for Work and Pensions (DWP),
73, 75
dependence, 114
desk. See also office furniture
changeable-height workstations, 246
sitting at, 204–205
stretching at, 258–261
diagnosing back and neck pain. See also causes of back and neck pain; medical tests
assessing the whole person, 91, 92
based on imaging scan, 40, 295
chiropractic and osteopathy, 158–159
difficulties of, 39, 41, 302–303
disc herniation (extrusion), 42–45
need for, 39–40
overview, 298–299
psychological and emotional factors, recognising, 40
diaphragmatic (abdominal) breathing, 180, 181–182
diazepam (muscle relaxant), 115, 117
disability
due to back pain, 252
state benefits, 73–74
Disability Rights Commission (DRC), 74, 75
disc bulge (protrusion)
back and neck pain from, 12, 41–43
defined, 328
described, 12, 30, 42
diagnosing, 296, 297
illustration, 43
disc degeneration
back and neck pain caused by, 50, 51
defined, 329
illustration, 51
overview, 296–297	
treating, 50
disc herniation (extrusion)
back and neck pain from, 41–42
chemonucleosis for, 132
defined, 12, 331
described, 30, 42
diagnosis, 44
illustration, 43, 45
recovery, 45, 293–294
risk of cauda equina syndrome, 127
sciatic pain from, 44
treatments, 45, 128
disectomy, 329
discitis, 59
discography test, 98, 329
discs
annulus fibrosis, 25, 42, 327
described, 12, 25–26
functional unit, 25–26, 27
illustration, 27
intervertebral, 25–26
narrowing, 329
nucleus pulposus, 25, 333
distraction techniques for stress, 185
disuse syndrome. See deconditioning (deactivation) syndrome
dizziness, 48, 305
doctors. See also surgeons
bringing a friend to your appointment, 322
common complaints about, 317
communicating with, 318–320
consulting with, 64, 320
discussing complementary approaches with, 142
help with acute back pain, 294, 295
medical fact sheet for, 320–321
medical history and physical examination, 90–92, 298–299
multidisciplinary treatments, 19
questions asked by, 321–322
questions to ask, 92–93, 102
understanding the conclusions, 322
when to see, 79–80, 311–315
working with, 317–323
X-rays used by, 299
doggie style position, 287–288
double knee to chest exercise, 221–222
DRC (Disability Rights Commission), 74, 75
driving, stress of, 253–254
dura, 330
DWP (Department for Work and Pensions), 73, 75
dynamic postures, 207. See also lifting and bending; walking

E

education/job skills, 256
elective spinal surgery, 127–128
emergencies
  excruciating pain, 80, 312–313
  loss of bowel or bladder control, 80, 294, 312
  serious accidents, 313
  weakness in legs or feet (foot-drop), 80, 311
EMG (electrodiagnostic studies), 98–99, 330
emotional stress. See also mind-body techniques
  psychosomatic pain from, 50
  role in back and neck pain, 40, 52, 298
  thoughts effect on, 174–175
  three- and five-column techniques, 175–178
employment. See work
endorphins, 145, 330
enzymes, 330
epidural
  injections, 16, 120, 330
  space, 120, 330
  steroid injection, 56
erector spinae muscles, 31, 32
ergonomic
  defined, 19, 330
  footrests (footstools), 247
  office chairs, 245–246
  space-planning and design, 246
  essential oils for back or neck pain, 148
excerciating pain, 80, 312–313
exercise. See also aerobic exercise; conservative treatments; sports; stretching
  alternate arm and leg reach, 230–231
  arm reach, 227, 229
  back arch, 232–233, 234
  back pain guidelines for, 104–105, 299–300
  baseline for, 106
  benefits, 16, 217
  bouncing, dangers of, 219
  cat and camel, 226–227, 228
  conditioning exercises, 102–103, 105
  cumulative versus acute effects of movement, 266
  discussing with your doctor, 217, 219
  double knee to chest, 221–222
  evaluation for, 103
  family and friends involvement, 106–107, 218
  gentle press-up, 226
  goals of, 102
  hamstring stretch, 225
  head pull, 236
  head roll, 233–235
  leg reach, 229–230
  neck tilt, 236–237
  oblique sit-up, 224
  overdo-and-crash pattern, 106
  pacing your activities, 105–106, 218
  pain during, 103, 104, 219
  partial sit-up, 223–224
  pedometer for, 103
  pelvic lift, 222–223
  pelvic tilt, 198, 200, 220–221
  products for, 248
  quota system, 106
  safety concerns, 219
  shoulder roll, 237–239
  shoulder shrug, 237, 238
  side stretch, 231–232, 233
  single leg pull, 221
  soreness after, 219
  sports as, 263–264
  staying in shape with, 307
  taking responsibility, 104
  time requirements, 218, 219–220
  tips for, 218
  trampoline, 248
  wall slide, 231, 232
  water workout (hydrotherapy), 87, 110, 331
  exercise ball, 248
  expectations, unrealistic, 130
  exploratory surgery, 297
  extension
    defined, 330
    hyperextension, 53, 267
  extrusion, 330. See also disc herniation (extrusion)
• F •
  facet block (medication), 51
  facet joints
    defined, 330
    described, 26–27, 50
    injections, 119–120
    stress from extensive extension, 267
  facet syndrome, 50–51
failed back or neck surgery syndrome
back and neck pain from, 13, 58
causes of, 130
defined, 58, 330
falling down, 80, 305
family and friends
attitudes toward back and neck pain, 304
concerns about, 304
at doctors appointment, 322
involvement in exercise programme, 106–107
lack of support from, 129–130
fascia, 153, 330
fear, of pain or hospitals, 103, 129–130
feet. See also standing
in high heels, 201
position for bending and lifting, 212, 213
shoes for, 210, 211
weakness (foot-drop) in, 80, 311
Feldenkrais method, 153, 339
female superior position, 287
femur (thigh bone), 31
Feuerstein, Georg (Yoga For Dummies), 163
fibromyalgia, 59–60, 330, 339
fixation devices, 135
flare ups, 13, 257
flexion (bending forward from standing
position), 201, 266
fluoroscopy (type of X-ray), 133
foetal position, 207
football, 277
foot-drop, 80, 311, 311
footrest (footstool), 201, 204, 245–246, 247
foramen, 330
forward stretching, 258–259, 260
fractures, 55, 313
functional restoration programmes, 107–108
functional unit, 25–26, 27. See also discs
furniture. See also chairs; office furniture
bed mattress, 205–206, 208, 243–244
sofa, 207, 242
fusion, 135–136, 330

• G •
gate control theory of pain, 36–38, 331
General Chiropractic Council, 67, 339
General Medical Council (GMC)
(Web site), 65
General Osteopathic Council, 67, 341
general practice physician (GP).
See doctors
gentle press-up exercise, 226
golf, 274–275, 276
gymnastics, 277–278

• H •
half-kneeling lifting technique, 214
hamstring stretch, 225
head down position, 258
head pull exercise, 236
head roll exercise, 233–235
head, tilted forward, 198
headaches
after myelography, 97
cervical, 48
migraine, 48, 304
from neck pain, 304
stress-generated, 38
treatments, 304
from whiplash neck, 48, 305
head-forward walking, 209
health care professionals. See also
complementary medicine
practitioners; doctors; surgeons
building a positive relationship with, 68
choosing, 294–295
overview, 63–64
pain clinic consultants, 65
physiotherapists, 65
qualifications, researching, 65–66
secondary care, 64
signs of poor practice, 67
specialists, 64–65
heel counter, 211
heel of a shoe, 211
heel-pounding walking, 209
hemilaminectomy, 331
herbal therapy, 315, 331
herniated disc. See disc herniation
(extrusion)
high heels, standing in, 201
hip bones (iliac bones), 30
holistic medicine. See complementary
medicine
home
everyday chairs for, 242–243
massage chairs, 243
home remedies. See also conservative
treatments
anti-inflammatory drugs, 86
bed rest, 81–84, 87, 110, 299
ice and heat treatments, 85
returning to normal activities, 87
when to see your doctor, 79–80, 314
homeopathy, Web sites, 340
horseback riding, 275–276
hospital
fear of, 103, 129–130
leaving, 71
treatment rights, 70
hot and cold packs, 108
humour, healing benefits, 189
‘hurt equals harm’ mindset, 103
hydrotherapy (water workout), 87, 110, 331
hyperextension (bending backwards), 53, 267
hypnotherapy, 191–193, 331, 340
Hypnotherapy For Dummies (Bryant and
Mabbutt), 192
hypochondriasis, 331

• I •
ice and heat treatments, 85
ice packs, 47, 85
ice-skating, 276–277
idiopathic back or neck pain, 331
iliac bones (hip bones), 30
imagery techniques. See also mind-body
techniques
beach scene, 189
benefits of, 184–185
breathing out pain, 189
distraction, 185
in hypnosis, 192
passive muscle relaxation, 188–189
practising, 186–188
imaging scans. See also medical tests
back pain with normal scans, 295
CT (computerised tomography), 95–96, 329
defined, 331
diagnosing back and neck pain, 40, 295
MRI (magnetic resonance imaging), 44,
95–96, 137, 332
X-rays, 40, 94, 299, 336
implantable pain therapies
choosing, 121
intraspinal drug infusion therapy, 123–124
spinal column stimulation, 122–123
impotence, 331
incapacity benefit, 73
infection, spinal, 42, 80, 127, 297, 312
insomnia. See also sleep
antidepressants for, 118
due to pain, 116
sedatives for, 116–117, 335
instrumentation or fixation devices, 135
intervertebral discs, 25–26. See also discs
invasive treatments. See also surgery;
treatments
defined, 331
facet joint injections, 119–120
implantable pain therapies, 121–124
intraspinal drug infusion therapy, 123–124
nerve root blocks, 120
spinal epidural steroid injections, 16, 120
trigger point injections, 119

• J •
jacuzzi, 110
Job Centre Plus, 75
jogging, 269–270
joint mobilisation. See manipulation
joint subluxation, 55
journal, daily, 168–169

• K •
keyhole surgical techniques, 137
kinesiology, 331, 339
kinesophobia, 331
knees, locked, 198

• L •
lamina, 134, 331
laminectomy, 56, 134, 332
laminotomy, 332
laptop package (computer chair), 246
Lasegue’s test, 92
laughter, healing with, 189
leg pain. See also sciatica
  pain down the leg, 12
  related to back, 298
surgery for, 128
leg reach exercise, 229–230
legs
  crossing while sitting, 203
  using when lifting, 213
  weakness in, 80, 311
lesion, 332
letters, writing to partner, 282
life-force (prana), 164
lifting and bending. See also bending
  about, 210, 309
  assessing posture for, 211–213
  back brace for, 253
  half-kneeling lifting technique, 214
  healthy posture for, 213–216
  maximum lifting load, 216, 253
  occupational risks, 252–253
  risks of, 267
  with twisting, dangers of, 216, 253, 309
ligaments, 22, 28, 332
litigation and compensation issues, 130–131
loose walking, 209
lotus position, 164
lower-back pain. See also back and neck pain
  after lifting and bending, 252
  disability due to, 252
  from scoliosis, 60
  subluxation as cause of, 55
lowering objects, 215
luggage, lifting, 310
lumbar
  roll for car seat, 254
  sacral sprain-strain injury, 21, 332
  stenosis, 56, 332
  support, chairs with, 206
  support pillow, 205
  vertebrae, 25, 29, 332
lying down. See also posture
  mattress for bed, 205–206, 208, 243–244
  sleeping positions, 207
  on the sofa, 207, 242

• M •

Mabbutt, Peter (Hypnotherapy For Dummies), 192
magnetic resonance imaging (MRI), 44, 95–96, 137, 332
magnetic therapy, 332
manipulation
  benefits of, 156–157
  defined, 14, 332
  side effects of, 160
massage chairs, 243
massage therapy, 109, 152, 340
mattress for bed
  choosing, 208
  importance of, 205–206
  recommendations, 243–244
mechanical lower-back, 135
Mediation UK, 74
Medical Directory, 66
medical fact sheet, 320–321
medical history, 72, 90, 298
Medical Register (Web site), 65
medical reports and health records, access
  rights, 72
medical tests. See also diagnosing back
  and neck pain
  blood and urine, 299
  bone scanning, 97–98
  CT (computerised tomography) scan, 95–96, 329
  discography, 98, 329
  EMG (electrodiagnostic studies), 98–99, 330
medical history and physical
  examination, 90–92, 298–299
MRI (magnetic resonance imaging), 44, 95–96, 137, 332
muscular strength test, 92
myelography (CT-myelography), 96–97, 332
psychological assessment with, 99–100
questions to ask your doctor, 92–93
X-rays, 40, 94, 299, 336
medications. See also anti-inflammatory
  medications; conservative treatments
  addiction to, 114
analgesics, 16, 113–114, 327
anti-anxiety, 117, 327
medications (continued)
  antidepressants, 117–119, 327  
  to avoid before surgery, 136  
  blood thinning, 97, 136  
  intraspinal drug infusion therapy, 123–124  
  muscle relaxants, 47, 115–116  
  questions to ask about, 112  
  secret formulas, avoiding, 144  
  sedatives, 116–117, 335  
  self-medication, 86  
  side effects, 315  
  Web sites, 339  
  when to see your doctor, 315  
  meditation, 164, 166, 340  
  Melzack, Ronald (doctor), 36  
  mental health, Web sites, 340  
  meridia, 145, 332  
  Mesmer, Franz Anton (father of hypnosis), 191  
  methocarbamol (muscle relaxant), 115  
  microsurgical discectomy, 133–134  
  migraine, 48, 304. See also headaches  
  military stance, 199  
  mind-body techniques. See also  
    complementary medicine  
    biofeedback, 190–191, 328  
    breathing, 165, 180–183  
    cue-controlled relaxation, 183–185  
    described, 17, 171  
    hypnosis, 191–193  
    imagery, 185–189  
    relaxation response, 178–179  
    thought control, 172–178  
    missionary position, 286  
  modality, 332  
  motor vehicles, driving stress, 253–254  
  moxa treatment, 147  
  MRI (magnetic resonance imaging), 44,  
    95–96, 137, 332  
  multidisciplinary approach  
    for chronic pain syndrome, 58  
    designing your own, 18–19  
  muscles  
    abdominal, 31, 32  
    biofeedback for, 190  
    erector spinae, 31, 32  
    illustration, 32  
    muscle relaxant medication, 47, 115–116  
  overview, 30–32  
  passive muscle relaxation, 188–189  
  psoas, 31, 32  
  reconditioning (strengthening), 19  
  relaxation imagery for, 186, 188–189  
  spasm, 332  
  spine, 22, 30–32  
  strength test, 92  
  musculoskeletal system, 332  
  myelography (CT-myelography), 96–97,  
    332. See also medical tests  
  myositis, 332

• N •
naloxone, 145  
  National Health Service, 155  
  naturopathy resources, 341  
  neck pain. See also back and neck pain;  
    causes of back and neck pain; pain  
    diagnosing, 302–303  
    disability due to, 252  
    inactivity due to, 302  
    questions about, 301–306  
    tension when turning, 254  
    treatments, 301, 303  
    waking at night with, 312  
    from whiplash neck, 48  
  neck surgery, pros and cons, 303  
  neck tilt, 198, 236–237  
  negative thoughts, stopping, 184  
  nerve gates (pain gates), 36, 38  
  nerve roots  
    blocked, 120  
    compressed, 126  
    defined, 30, 333  
    illustration, 31, 32  
    testing the health of, 92  
  nerves  
    blocked, 16, 120  
    compressed, 297  
    pinched, 44, 334  
    spine, 30, 32, 92  
    spine’s protection of, 23  
    trapped, 302  
  netball, 271  
  neurological, 333
neurologists, 14, 65, 333
neurology, 14
neuromuscular, 333
neurosurgeon, 14–15, 64, 333
neurotransmitters, 333
NHS complaints procedures, 70
non-assertive or submissive behaviour, 318
non-conventional treatments. See complementary medicine
non-steroidal anti-inflammatory medication, 47, 136
nucleus pulposus, 25, 333
nutrition, Web sites, 341

objective, 333
oblique muscles, 224
oblique sit-up exercise, 224
occupation. See work
office furniture. See also desk
changeable-height workstations, 246
ergonomic chairs, 245–246
ergonomic footrests and stools, 246, 247
laptop package (computer chair), 246
tips for working at, 259–261
opiates, 333
organic, 333
organisation Web sites, 337–343
orthopaedic surgeon, 15, 64, 333
orthopaedic surgery, 15
osteomyelitis, 60
osteopathy
for acute back pain, 294
body mechanics in, 15
cautions for using, 161
choosing, 156–157
defined, 15, 17, 333
diagnosis, 158–159
philosophy, 156
professional associations, 67
questions to ask, 157–158
recovery time, 161
side effects, 160
statutory regulations for, 155
treatment, 159–160
Web sites, 341
osteoporosis, 61, 333, 342
overdo-and-crash exercise pattern, 106
own occupation test, 73

p

pacing your activities, 105–106, 218
Paget’s Disease (Web site), 342
pain. See also acute pain; back and neck pain; neck pain
excruciating, 80, 312–313
fear of, 103, 129–130
flare ups, 13, 257
gate control theory, 36–38, 331
inability to measure, 35
increasing during exercise, 103, 104
limiting activities as a way to alleviate, 41
overview, 35–36
psychosomatic, 50, 334
radiating, 157
recurrent acute, 39, 105, 334
rest pain, 80, 312
specificity theory of, 335
subacute, 105
Web sites, 341
pain clinics
anaesthetic treatments, 14, 327
consultants, 65
defined, 333
pain gates (nerve gates), 36, 38
pain programmes
availability of, 302
defined, 16
multidisciplinary approach, 18–19, 58
overview, 107–108
painkillers (analgesics), 16, 113–114, 327
paracetamol (analgesic)
defined, 333
for insomnia due to pain, 116
over-the-counter, 113
side effects, 86
for sprain-strain injury, 47
paralysis, risk of, 132
partial sit-up exercise, 223–224
passive muscle relaxation, 188–189
passive therapies. See also braces, corsets, and collars; conservative treatments
bed rest, 81–84, 87, 110, 299
hot and cold packs, 108
passive therapies (continued)

massage, 109, 152, 340
overtreatment with, 57
traction, 111, 336
transcutaneous electrical nerve
stimulation (TENS), 110–111, 336
ultrasound, 109, 336
water workout (hydrotherapy), 87, 110, 331
passive-aggressive behaviour, 318
Patanjali (The Yoga Sutras), 163
Payne, Larry (Yoga For Dummies), 163
pedicle, 333
pedometer, 103
pelvic lift exercise, 222–223
pelvic rocking stretch, 258, 259
pelvic tilt exercise, 198, 200, 220–221
pelvis
illustration, 29
position while sitting, 203
position while walking, 210
percutaneous discectomy, 133
peripheral nervous system, 36
personal capability assessment, 73
physical examination, 91–92, 298–299
physical fitness, 307. See also exercise
physiotherapist
defined, 15, 65, 334
working with, 102
physiotherapy
defined, 15, 19
treating back and neck pain with, 16
when you’re not seeing any improvement, 314
Pilates method, 151–152
pillows
for bed, 244
cervical-support, 247
lumbar-support, 205
pinched nerve, 44, 334. See also sciatica
placebo effect, 144, 145
podiatrist, 334
poor posture, effect of, 166
positive attitude, maintaining, 309
posterior, 135, 334
postural products. See also posture
exercise, 247, 248
function of, 241–242
home, 242–243
office, 244–247
sleeping, 243–244
travelling, 247
Web sites, 343
posture. See also postural products;
slumped posture
asanas (postures), 163–164
for back pain relief, 16
commuting by car, bus and train, 254
defined, 207
dynamic, 197
good, 24
lifting and bending, 210–216
ly ing down, 205–207
poor, 166
sitting, 202–205
spine-friendly sexual positions, 284–290
standing, 199–202, 309–310
static, 197
walking, 208–210
practitioners. See complementary
medicine practitioners; doctors; health
care professionals
prana (life-force), 164
pranayama (breath control), 164–165
pregnancy
aromatherapy, caution for, 148
back pain during, 46
calcium needs, 46
primary care physicians. See doctors
products. See postural products
protrusion, 334. See also disc bulge
(protrusion)
pseudoarthrosis, 334
psoas muscle, 31, 32
psychiatrist, 334
psychological factors
assessing, 99–100
of back and neck pain, 15, 40
defined, 129, 334
family relationship concerns, 304
preparing for spinal surgery, 13,
129–131, 136
returning to work, 255
role in back and neck pain, 40
psychologist, 334
psychosomatic pain, 50, 334
qi (chi)
in acupuncture, 144, 145
defined, 145, 334
in t’ai chi, 149
quackery, identifying, 143–144
questions
to ask your doctor, 92–93, 102
asked by doctor, 321–322
questions to ask, about
back pain, 293–300
chiropractic/osteopathic treatments, 157–158
complementary medicine, 67, 143, 296
conservative treatments, 102
medical tests, 92–93
medical treatments, 102
medications, 112
neck pain, 301–306
spinal surgery, 131–132
quota system, 106

racquet sports, 272
radiating pain, 157
radiologist, 86
range of motion, 334
recurrent acute pain, 39, 105, 334
referred pain/tenderness, 50, 305–306
reflex test, 92
reflex zones, 150
reflexology (reflex zone therapy), 18, 149–150, 342
Reich, Wilhelm (psychoanalyst), 151
relaxation response, 178–179. See also mind-body techniques
relaxed breathing, 182–183
rest pain, 80, 312
return-to-work programme. See also work physical reconditioning, 256
preparing for pain flare ups, 257
psychological factors, 255
returning to the office, 259–261
safeguarding against re-injury, 257
rheumatoid arthritis, 15, 49
rheumatologists, 65, 334
rheumatology, 15
rights and benefits
accessing medical reports and health records, 72
checking out alternative treatments, 71–72
getting a helping hand, 74
hospital treatments, 70, 71
NHS complaints procedures, 70
overview, 69
personal advice on, 75
second opinions, 70
ringing in the ears, 48, 305
risky occupations
exposure to vibration, 253–254
jobs requiring lifting and bending, 252–255
sedentary jobs, 255
Rolfing, 153
roller-skating, 276–277
rotation and twisting motions, risks of, 267
rotational stretching, 259, 261
rugby, 277
running, 269–270
ruptured disc. See disc herniation (extrusion)
sacroiliac (SI) joint, 30, 335
sacrum
defined, 335
described, 29–30
illustration, 29
samadhi, 166
Sarno, John (doctor), 52
scarring. See arachnoiditis
sciatic nerve, 31, 91, 92
sciatica
after lifting and bending, 252
defined, 335
pain symptoms, 44
surgery for, 133
scissors position, 289
scoliosis
described, 60, 335
lower back pain from, 60
surgery for, 133
Web sites, 342
second opinions, 70
secondary care, 64
secret formulas, 144
sedatives, 116–117, 335
sedentary occupations, 255
selective nerve root blocks, 120
self-hypnosis, 191–193, 331
self-medication, 86, 315
sequestration, 335
Sex For Dummies (Westheimer), 285
sexual relationships
  communicating with your partner, 280–283
doggy style position, 287–288
emotional and physical intimacy, 284
female superior position, 287
missionary position, 286
outercourse, 285
overview, 289–290
physical intimacy, 284
scissors position, 289
sensuality and romance, 283
side by side position, 288–289
spine-friendly positions, 284–290
spooping, 288
T-bone position, 288–289
shoes
golf, 275
jogging and running, 270
walking, 210, 211
shoulders
  pain between shoulder blades, 305–306
roll exercise, 237–239
shrug exercise, 237, 238
slumped, 198
SI joints (sacroiliac joints), 30
sick pay benefits, 73, 255
side by side position, 288–289
side stretch, 231–232, 233
single leg pull exercise, 221
sitting. See also chairs; posture
  assessing your posture, 202–203
  crossing legs while, 203
  at a desk, 204–205, 255
forward stretching, 258–259, 260
good chair for, 204, 310
healthy posture for, 203–205
pelvic rocking stretch, 258, 259
spine release rotation, 259, 261
taking breaks from, 205, 310
sit-ups, 223–224
skating, 276–277
skiing, 270–271
sleep
  good habits for, 116, 169
  imagery for, 186
  insomnia, 116–117, 118
  mattress for bed, 205–206, 208, 243–244
  muscle relaxants help with, 115–116
  optimal positions, 82, 83
  pillows for, 244, 247
sedatives for, 116–117, 335
  waking with back or neck pain, 80, 127, 312
yoga for, 169
slipped disc, 302
slumped posture. See also posture
  shoulders, 198
  sitting, 202–203
  standing, 199
smoking, risks with spinal fusion, 136
sofa, lying on, 207, 242
space-planning and design, 246
specialists, 64–66
specificity theory of pain, 335
spinal column
  described, 24
  stimulation, 122–123
spinal cord
  described, 30
  illustration, 32
  spine’s protection of, 23
  stimulation, 52
spinal stenosis
  defined, 335
  lumbar, 56, 332
spinal tumour
  back and neck pain from, 80, 127, 312
  surgery, 297
  treatment, 42, 127
spine
  canal, 26, 29, 335
cervical vertebrae, 25, 328
coccyx, 29, 30, 329
column, 24, 122–123
degeneration, 297
  discs, 25–26
epidural steroid injections, 16, 120
facet joints, 26–27
disc function of, 22–23
fusion, 135–136
infection, 42, 80, 127, 297, 312
lifting capacity, 22
ligaments, 22, 28
lumbar vertebrae, 25, 29, 332
muscles, 22, 30–32	nerve roots, 30, 31
nerves, 30, 32
overview, 21–22
release rotation stretch, 259, 261
sacroiliac joints (SI joints), 30
sacrum, 29–30
thoracic, 25, 336
vertebrae, 24–25
vertebral arteries, 33
vertebral fractures, 55, 313
spinous processes, 25, 335
spondylitis, 335
spondylolisthesis, 53–54, 335
spondylosis, 53–54, 335
spooning position, 288
Sports. See also exercise
with back pain, 267–268
bowling, 267, 274
competition in, 265–266
cycling, 264, 268
dancing, 269
as exercise, 263–264
football, 277
golf, 274–275, 276
gymnastics, 277–278
high-risk, 277–278, 308
horseback riding, 275–276
jogging and running, 269–270
low-risk, 268–269
low-to medium-risk, 269–271
medium-risk, 271–273
medium-to high-risk, 273–277
netball, 271
racquet sports, 272
risks factors for back and neck pain, 266–267
skating, 276–277
skiing, 270–271
studying with professionals, 266
swimming, 268–269
tennis, 266–267, 272
warming up and cooling down, 264–265
weightlifting, 273
Sprain
defined, 335
sprain-strain injury, 21, 46–47, 332
Squash, 272
SSP (Statutory Sick Pay), 73
standing. See also feet; posture
assessing, 198–199
bending or leaning over, 201, 266
footrest for, 201
healthy position, 199–202, 309–310
in high heels, 201
military stance, 199
slumped posture, 199
state benefits
assistance, 75
disability, 73–74
long-term absence and benefits, 73
overview, 72
time off work, 73
Stationary bike, 268
Statutory Sick Pay (SSP), 73
steroids, 16, 120
stiff walking, 209
straight-leg test (sciatic nerve stretch test), 91
Strain
defined, 335
sprain-strain injury, 21, 46–47, 332
stress
chest breathing during, 180
commuting tips for, 254
defined, 177
distraction techniques for, 185
humour about, 189
hypnosis for, 191
imagery for, 186
management, 16, 19
negative thoughts during, 172–174
role in back and neck pain, 12, 52, 298, 336
stress walking, 209
stretching. See also exercise
bouncing, dangers of, 219
during commute, 254
stretching (continued)
cool down, 265
forward, 258–259, 260
pelvic rocking, 258, 259
safety guidelines, 265
side stretch, 231–232, 233
spine release rotation, 259, 261
warm-up, 264–265
at your desk, 258–261
subacute pain, 105
subjective, 336
subluxation, joint, 55
support groups (Web sites), 342
surgeons
consulting with, 131–132
neurosurgeon, 14–15, 64, 333
orthopaedic, 64, 333
surgery
for arachnoiditis, 53
choosing, 126, 127–128, 297
chymopapain injection
(chemonucleosis), 132, 328
elective, 126, 127–128
exploratory, 297
failed back surgery syndrome, 13, 58
future of, 137
laminectomy, 56, 134, 332
medically necessary, 126–127
microsurgical discectomy, 133–134
neck, 303
negative experiences, 130
percutaneous discectomy, 133
preparing for, 13, 129–131, 136–137
recovering without, 293–294
spinal fusion, 135–136
success rate, 125
timing and integration of, 13
types of, 132–136
Web sites, 342
swimming, 268–269
synovium, 26

• T •
t’ai chi, 18, 145, 149
T-bone position, 288–289
tendons, 336
tennis
elevator, 48, 305–306
risky movements in, 266–267
safety guidelines, 272
TENS (transcutaneous electrical nerve stimulation), 110–111, 336
tense sitting posture, 203
tension, scanning for, 182, 183
tests. See medical tests
therapeutic massage, 109, 152, 340
thigh bone (femur), 31
thoracic spine, 25, 336
thoughts. See also mind-body techniques
attitude about medical consultations, 321
changing, 174–175
coping, 173, 174, 175
‘hurt equals harm’ mindset, 103
negative automatic, 172–174
role in back and neck pain, 172–174, 298
techniques for controlling, 175–178
unconscious, 172
three- and five-column techniques, 175–178
time-contingent medication scheduling, 113
traction, 336
trampoline, 248
transcutaneous electrical nerve stimulation (TENS), 110–111, 336
transitional vertebrae, 61
transverse process, 25, 26
trapped nerve, 302
trauma from car accidents, 80, 305
travelling
lifting luggage, 310
postural products for, 247
treadmill, 264
treatments. See also complementary medicine; conservative treatments;
invasive treatments
multidisciplinary approach, 18–19, 58
neck pain, 301, 303
overview, 12–13
second opinions, 70
specialties, 14–15
success of, 12, 13
timing and integration of, 13
types of, 16–18
trigger point injections, 119
trigger point therapy, 16, 17
trigger points, 17
tumour, spinal
  back and neck pain from, 80, 127, 312
  surgery, 297
  treatment, 42, 127
twisting movement, dangers of
  in bowling, 274
  in golf, 274
  in high-risk sports, 308
  in tennis, 267
  while lifting, 216, 253, 309

• U •
ultrasound, 109, 336
unconscious thoughts, 172
unemployment benefits, 255
universal reformer (Pilates equipment), 152
unrealistic expectations, 130

• V •
vertebrae
  cervical, 25, 328
  described, 24–25, 336
  illustration, 26
  lumbar, 25, 29, 332
  thoracic, 25
vertebral arteries, 33
vertebral body, 25, 26
vertebral (spinal) fracture, 55, 313
vibration exposure, risks, 253–254
visualisation. See imagery techniques

• W •
waist, bending at, 212
walking. See also posture
  abdomen-out, 209
  assessing your, 208–209
  breathing exercises for, 210
  head-forward, 209
  healthy posture for, 209–210
  heel-pounding, 209
  loose, 209
  for returning to normal activities, 87
  shoes for, 210, 211
  stiff, 209
  stress, 209
  walking cane, 84
  Wall, Patrick (doctor), 36
  wall slide exercise, 231, 232
  warm-up stretch
    described, 264–265
    for golf, 275
    for jogging and running, 270
    for skiing, 270
  water workout (hydrotherapy), 87, 110, 331
Web sites
  acupuncture, 337
  arachnoiditis, 53
  arthritis, 338
  Back Care Warehouse, 343
  biofeedback, 191
  bodywork, 339
  British Chiropractic Association, 67
  British Osteopathic Association, 67, 341
  chiropractic, 339
  Citizens Advice Bureau (CAB), 75
  complementary medicine, 338
  Consumer Protection Service, 339
  Department for Work and Pensions (DWP), 73
  Disability Rights Commission (DRC), 74, 75
  General Chiropractic Council, 67
  General Medical Council (GMC), 65
  General Osteopathic Council, 67, 341
  homeopathy, 340
  Job Centre Plus, 75
  Mediation UK, 74
  Medical Register, 65
  medications, 339
  mental health, 340
  nutrition, 341
  organisations, 337–343
  osteopathy, 341
  osteoporosis, 342
  Paget’s Disease, 342
  pain relief, 341
  support groups, 342
  surgery, 342
  yoga, 343
wedges and supports, 247
weight, maintaining, 308
weightlifting, 273
weight-loss programs, 308
Westheimer, Ruth (Sex For Dummies), 285
whiplash neck, 48, 305
Wiley publishing
Hypnotherapy For Dummies, 192
Sex For Dummies, 285
Yoga For Dummies, 163
work. See also office furniture; return-to-work programme
disability benefits, 73–74
job dissatisfaction, 255
long-term absence and benefits, 73
purpose of, 251–252
returning to, 255–261
risky occupations, 252–255
sick pay benefits, 73, 255
workstations, changeable-height, 246
writing letters, 282

Y
yin and yang, 145, 149
yoga
asanas (postures), 163–164
for back and neck pain, 166–169
benefits of, 163–164
daily journal, 168–169
described, 18, 163
finding an instructor, 167–168
meditation, 164, 166, 340
pranayama (breath control), 164–165
samadhi, 166
sleep benefits, 169
Web sites, 343
Yoga For Dummies (Feuerstein and Payne), 163
The Yoga Sutras (Patanjali), 163

X
X-rays
arthritic changes seen on, 40
described, 94, 336
diagnosing back and neck pain with, 40, 94
during medical evaluation, 299

writing letters, 282