Index

Note: page numbers in italics refer to figures, those in bold refer to tables and boxes.

abdominal reflexes 12
abscess, epidural 13, 28
activity cycling 52
activity pacing 52
flare-ups 55
adolescents, back pain 11
Alexander technique 49
amitriptylline 50
anger management skills 54
ankle reflexes, sciatica 22
ankylosing spondylitis 29–30
annulus fibrosus, degenerative changes 22
antidepressants 50
anticonvulsants 50
anxiety 55
attentional focus 54
back pain 19–21
activity pacing 52
acute 20
adolescents 11
aetiology 19–20
behaviour management 54
black flags 6
blue flags 5
children 11
chronic 20, 52–3
classification 20–1
clinical assessment 1–6
definition 1
diagnostic triage 1, 21
dermatome 19
flags 8
flare-ups 55
goal setting 52–3
green lights 21
impact 50
infection 27
location 2
management 21
mechanical 2, 20, 21
non-specific 20–1
orange flags 5
prognosis 21
psychological approaches 52–5
psychosocial aspects 20
red flags 2–7
risk factors 19
serositis pathologies 2–3
simple 30
spinal 19, 20
spinal surgery 21
standard assessment tools 6
thought management 54
trauma 21
whiplash 32
yellow flags 3, 50
bambi tail 30
bed rest 50
behaviour management, back pain 54
biopsychosocial assessment 30
blood phosphates 36
body scan 55
bone mineral density 34
bone scans 9–10
bone scans 15, 16
radiographs 13
spinal discs 27
bone tumours, primary 26
breathing, exhalation 13
British Chiropractic Association 47
brittle back pain 50
cauda equina syndrome 7, 22
chiropractic 48
computed topography (CT) 10
cervical spine 17
cervical cord compression 15, 16, 18
cerebrospinal fluid 14–18
diagnostic triage 1, 21
diagnosis pathology 14–15
myelopathy 14–15
neurological symptoms 14–15
neuropathology 17
operative management 18
pain 15–16
pathology presentation 14
radiography 15, 18
radiological investigation 16–17
red flags 14
rheumatoid arthritis 28–9
children 11–13
back pain 31
examination 12
kyphosis 12, 13
scoliosis 11, 13
spinal deformity 13
trauma 12
chiropractic 46–8
assessment 47
education 46–7
referrals 46, 48
regulation 46
safety 46
terminology 47
training 46–7
treatment techniques 47
chronic whiplash syndrome 33
Cobb angle 12
codeine 50
cognitive behavioural therapy (CBT) 50
Whiplash 33
cold packs 50
College of Chiropractors 47
communication 50
cost-utility 50
cost-analysis 50
depression, screening questions 6
dexamethasone, metastases 27
diabetes 50
diffuse idiopathic skeletal hyperostosis (DISH) 30
disc herniation 13, 22
disc prolapse, physiotherapy 39–40
discotomy 23
