

Relief Is In The Stretch: End Back Pain Through Yoga by Loren Fishman and Carol Ardman.
New York: W.W. Norton, 2005

This book distinguishes the common causes of low back pain and describes appropriate yoga poses to relieve each one. Individuals of any age, even if unfamiliar with yoga, will be able to follow Dr. Fishman's simple directions.

Availability for loan:

FB 727 F48 2005 Health Information and Wellness Centres, both locations
617.56406 FIS Mississauga Library System
617.56406 FIS Toronto Public Library System

Overcoming Low Back Pain Rosemount, IL:
American Academy of Orthopaedic Surgeons
Patient Education Videotape Collection, 1999.
10:00 min

This video identifies the major causes of low back pain, gives details of non-surgical treatment methods, and provides information on measures necessary to maintain a strong and healthy back.

Availability for loan:

FB 725 AAOS 1999 Health and Wellness Information Centre, West Toronto Site

COMMUNITY RESOURCES

The Kingsway Financial Spine Centre

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto, ON M9C 1A5

Tel: 416-521-4141

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Back and Neck Care



INTERNET SITES

North American Spine Society

<http://www.spine.org>

NASS is a non-profit medical organization that advances quality spine care through education, research and advocacy. Click on the links 'Spine Conditions & Treatments' or 'Spine Health' in the left hand column at the home page to access excellent articles and fact sheets on the topics.

Workers' Compensation Board of BC

<http://www.worksafebc.com>

The WCB of BC provides access to many useful publications, most of which can be downloaded directly from the web site. These include several handbooks which deal with the spine, with an emphasis on how injury can be prevented. Click on the 'Publications' tab on the top toolbar to access these.

American Academy of Orthopaedic Surgeons

<http://www.aaos.org>

This site has a series of useful patient education documents available at its site. Click on 'Patient Information' in the left hand column, and then select neck or spine from the Body Part diagram. You will be presented with a list of publications on all aspects of prevention and care for spinal and cervical conditions.

Orthopaedic WebLinks

<http://www.orthopaedicweblinks.com>

This a portal site which aims to provide a gateway to orthopaedic information available on the Internet. From the OWL Directory at the homepage, click on the link 'Patient

Information' in the second column to access a wide variety of patient material on topics including back pain, spinal surgery, and neck conditions. The sheer number of links provided at this site means that not all may be from unbiased sources and caution must be exercised when using them. The site does supply a 'highly reputable' rating for sources it regards as trustworthy.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

<http://www.niams.nih.gov>

This organization is part of the U.S. Department of Health & Human Services. Packages of information on a variety of topics may be ordered free of charge at the web site, or directly downloaded. Select an appropriate letter from the alphabetic display to view these publications.

BOOKS & VIDEOS

Low Back Pain: a Special Health Report from Harvard Medical School Boston, MA: Harvard Medical School, 2001.

This report delivers practical advice on treatment options in clear, easy-to-understand language. Also provided are in-depth information on how the back works, the causes of low back pain, and common diagnostic methods.

Availability for loan:

FB 720 H27 2001 Health Information and Wellness Centre, both locations

The Pain-Free Back by Harris H. McIlwain and Debra Fulghum Bruce. New York: Henry Holt, 2004.

Dr. McIlwain is a rheumatologist and pain

specialist, and in this book he shares his six-step program for achieving and maintaining a healthy back. Topics covered include resistance exercises, relaxation, diet, alternative therapies, and ergonomically designed furniture.

Availability for loan:

FB 720 M24 2004 Health Information and Wellness Centre, both locations
617.564 MCI Mississauga Library System
617.564 MACI Toronto Public Library System

Back and Neck Pain: the Facts by Loic Burn. Oxford: Oxford University Press, 2000.

This book provides straightforward information on pain relief and treatment options for spinal problems. It is one of the popular 'Facts' series which offer practical advice about a condition in a clear and accessible style, written by a leading authority in the field.

Availability for loan:

FB 720 B87 2000 Health Information and Wellness Centre, both locations
617.5306 BUR Toronto Public Library System

The Wharton's Back Book by Jim and Phil Wharton. New York: Rodale, 2003

The authors, both physical therapists, present a program which aims not only to target and relieve current conditions, but to strengthen the back to prevent any future pain or disability. The stretching and strengthening exercises are clearly illustrated and described, along with advice on diet, stress, exercise and sleep.

Availability for loan:

FB 720 W42 2003 Health Information and Wellness Centre, both locations
617.564 WHA Toronto Public Library System