

Wellness Centre, both locations  
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*Wellness Solutions for Back Pain* (DVD)  
Rochester, MD: Mayo Clinic & Gaiam, 2008. 93 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaiam, the Health and Wellness experts. It includes a 30 minutes segment with a Mayo clinic specialist, information on nutrition, and finally a 40 minute yoga and meditation session designed to help prevent back pain, improve circulation and release tension.

**Availability for loan:**

FB720 M29 2008 Health Information & Wellness Centre, both locations  
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## 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](mailto: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>

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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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*Life. We're in it together.*

# 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. 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.

### 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 & DVDs

*Heal Your Aching Back* by Jeffrey N. Katz.  
New York: McGraw-Hill, 2007

This comprehensive guide is written by a Harvard Medical School doctor. It focuses on finding the real cause of your back pain and deciding the best way to treat it. Topics covered include diagnosis, treatments, pain control, and strengthening of the back for life.

#### Availability for loan:

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*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

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617.564 MACI Toronto Public Library System

*Low Back Pain: Healing Your Aching Back* A

special report from Harvard Medical School.

Boston, MA: Harvard Health Publications, 2008

This report delivers practical advice and current research findings in clear, easy-to-understand language. It features information on different types of back problems and specific treatments. Topics covered include exercise, healthy back habits, and assessments of complementary therapies such as chiropractic care, acupuncture, and massage.

#### Availability for loan:

FB 720 H27 2008 Health Information & Wellness Centre, both locations.

*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 relieve current conditions, but to strengthen the back to prevent any future pain or disability. The exercises are clearly illustrated and described, along with advice on diet, stress, and sleep.

#### Availability for loan:

FB 720 W42 2003 Health Information and Wellness Centre, both locations  
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*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