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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.

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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
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Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
 905-615-3500 (for book locations)
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 416-393-7131 (for book locations)
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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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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Back and Neck Care



INTERNET SITES

Know Your Back

<http://www.knowyourback.org>

This is a new patient education website by the North American Spine Society, a U.S. nonprofit organization. It provides credible health information on the causes, treatment and prevention of neck and back disorders. The content has been developed and reviewed by physician members and spine specialists of NASS.

Workers' Compensation Board of BC - Back Talk

<http://tinyurl.com/47cxzw>

The WCB of BC provides access to many useful publications regarding health and safety. *Back Talk: an Owner's Manual for Backs* is a comprehensive 36 page booklet, which can be downloaded at the site. It provides a general overview of back pain and its most common causes, and includes exercises, advice on safe lifting techniques, and other tips to keep the back healthy.

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.

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Back Pain: the Facts by John Lee, Suzanne Brook and Clare Daniel. Oxford, UK: Oxford University Press, 2009

Written in a straightforward style, this book gives advice about every aspect of managing back pain, including a clear understanding of its causes and why it persists. There are chapters on stretching, exercise, relaxation and emotional aspects.

Availability for loan:

FB 720 L33 2009 Health Information & Wellness Centre, both locations
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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.