
CONTENTS

- 1 The etiology of low back pain and patient evaluation, 1
 - 2 Classification of low back pain, 26
 - 3 History of back school, 43
 - 4 Basic back school, 48
 - 5 Hospital back school, 82
 - 6 Back school in the home environment, 107
 - 7 Back school in the work environment, 141
 - 8 Athletic back school, 157
 - 9 Other conservative measures, 169
 - 10 The future of back school, 177
- References and suggested readings, 181