

CD

The Function of the Spine

by

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This 435 megabytes CD is dedicated to understanding the function of the spine. The CD has five main items of interest for the clinician and researcher.

Item # 1: This is the original slides used in the Boston 2007 conference "*Is the lumbodorsal fascia necessary?*"

Item # 2: This is the presentation made in Las Vegas in August 2005 "*Stability or controlled instability?*" It is proposed that the current views of stability are not consistent with facts and that the sacroiliac joint does not work the way it is described in the current literature. Indeed, it is well known that all living vertebrates are essentially unstable structures. Regrettably, this fact is usually forgotten in attempts at describing the stability of the spine. The issue of dynamic stability and its impact on rehabilitation is discussed in this presentation.

This 307 slides presentation with 20 movies and 70 animation sequences illustrates how Spine and Sacroiliac Joint interact during gait.

Item # 3: It took me ten years to understand the normal function of the spine. I summarized these findings in the first "*Spinal Engine*" book in 1988 which is now out of print but which I could provide separately upon request.

I then addressed the question raised by many clinicians: "*So what from a clinical perspective?*" The content of the second book (*Spinal Engine II*) included in the CD is entirely different from that of the first hard cover book. The "*Spinal Engine II*" book summarizes seven years of subsequent work collecting data related to the function of the normal and abnormal spine. A major clinical study (blind with control group) demonstrated that there exists at least one set of measurable physiological parameters that can be used to separate objectively the normal from the abnormal. This opens the door for the design of automated triage systems for mechanical LBP.

The Spinal Engine II book has 12 chapters in electronic form (Word 2003 format).

Item # 4: A review document with 150 references discussing the pro and cons of functional assessment.

Item # 5: Many conference materials (hundreds of slides and movies). These are the actual Power Point slides I have designed and used. Conferences start from Korea in 1997 to Boston 2007. For example, I describe how the upper extremities control the cervical spine during gait etc. These ideas are not yet in the literature.

Note: You will need a PC to read the CD. Software is Microsoft Word and Power Point 2003 or more recent. The movies are in Microsoft "wmv" format and you may need Windows Media Player to open the movie files. The CD is copyrighted but not protected. The user is free to use the material for his/her own private teaching presentations or academic conferences.

Those with a Mac computer will have to translate it if their Mac is not equipped to read PC formatted data.

Note: I spent thousands of hours writing and designing this original material. Please do not copy that CD.

Cost of the CD is \$100 (cash)

Please contact the conference desk or gracovetsky@videotron.ca.

Receipt provided upon request by writing to gracovetsky@videotron.ca.