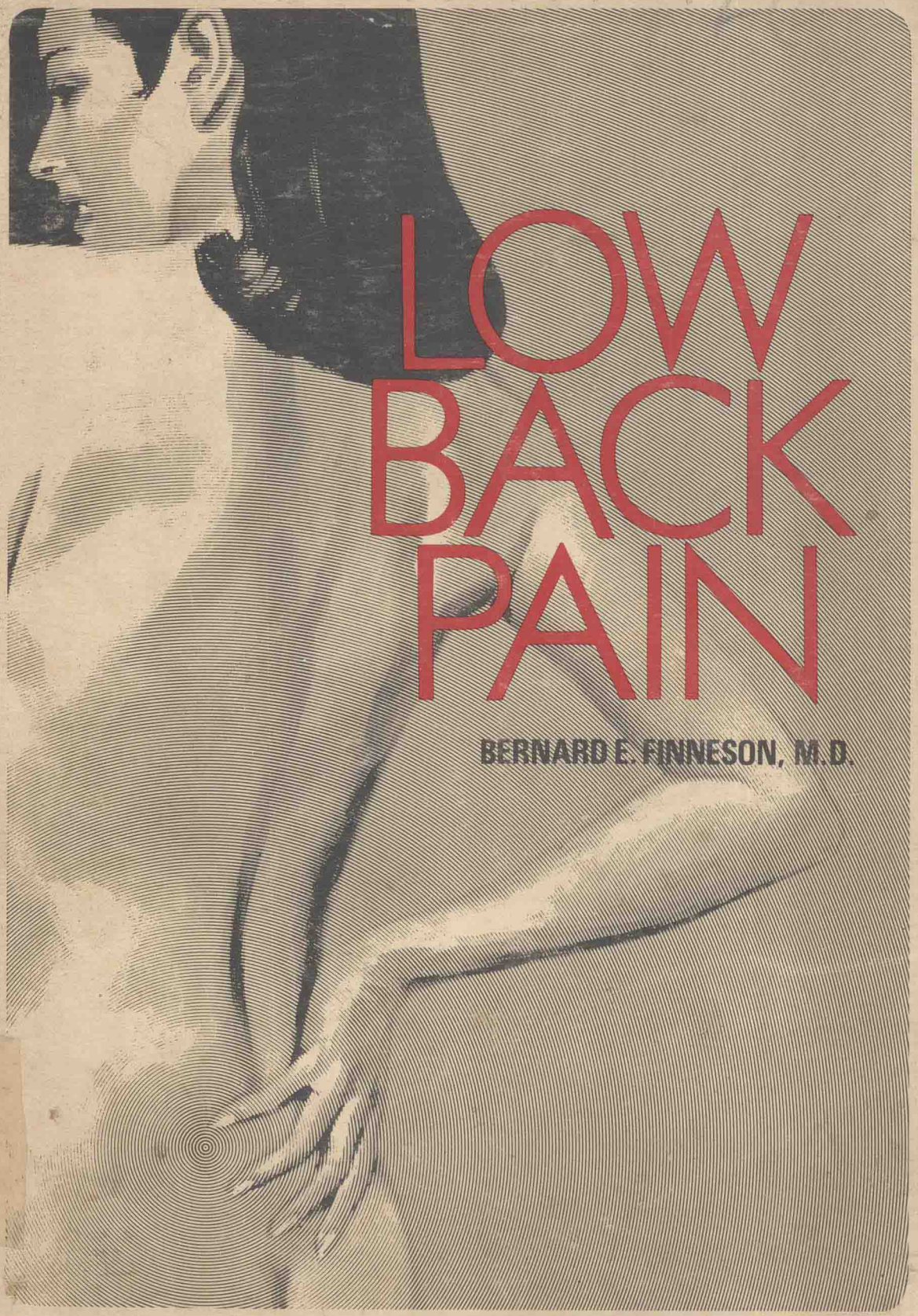

LOW BACK PAIN

BERNARD E. FINNESON, M.D.

J. B. LIPPINCOTT COMPANY

Low Back Pain

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To my wife, Barbara,
MEDICAL ARTIST IN RESIDENCE,
who elegantly illustrated this book
and whose talent is a source of great personal pride

Preface

This book is an effort to provide a practical and useful guide for evaluation and management of the various forms of low back dysfunction commonly encountered in practice. Although back pain has probably existed from the time the progenitors of man first assumed the erect stance, it is startling to appreciate how meager and rudimentary is our knowledge of the subject.

Low back dysfunction has been my principal medical interest for more than twenty years appropriating a progressively increasing apportionment of my time. At present, I am involved in this work almost exclusively. When I first was exposed to the problem of low back pain, it appeared to be a rather simple mechanical derangement. After having concentrated my interest and time in this field of inquiry, my indisputable factual knowledge of the subject appears much less certain than when I was a neophyte. In most instances, I suppose a conscious fallibility is less damaging than an ill-founded dogmatism in arriving at a clinical decision.

Most of the techniques described are widely accepted, and no claim is made for an "original method" of treatment. However, a number of unique biases that are based on the trials and errors of my personal experience have been insinuated into the text. Foremost is my persuasion that the largest group of treatment failures result either from improper evaluation or an inadequate trial of conservative management.

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There are many persons for whose help and encouragement in my writing of this book I am deeply grateful.

Dr. Ralph Cloward, an outstanding spinal surgeon, has kindly written Chapter 7 in which he describes his technique. A brilliant and innovative pioneer, he is widely known for his fresh approach to old problems. The book is enhanced by his contribution, and I am grateful for his help. This chapter was adapted from monographs originally published by Codman & Shurtleff, Inc.

I wish to thank Dr. Norman Shealy, who was instrumental in the conception and technical development of dorsal column stimulation, for permitting me to use some of his material on this subject. Several of these illustrations and photographs were kindly provided by Medtronic, Inc. Dr. Shealy also provided me with information on the technique of articular nerve rhizotomy, a procedure which he introduced. I wish to express my respect and admiration for Dr. Shealy and believe his understanding of the problem of pain is second to none.

The kindness and generosity of Dr. William Scoville during my all too brief visit to Hartford is most appreciated. It afforded me the privilege of observing a master surgeon.

The W. B. Saunders Company kindly permitted me to adapt several sections from the second edition of my book *DIAGNOSIS AND MANAGEMENT OF PAIN SYNDROMES.* These include sections originally written by Dr. Arthur Grollman of Southwestern Medical School, The University of Texas, and Dr. Martin Meltzer of New York University School of Medicine. I am twice grateful for their help.

I received many suggestions and invaluable support from our neurosurgical nurses, both past and present, Mrs. Ann Bell Shoustal, R.N., Miss Teresa Dye, R.N., Mrs. Julie Fisher, R.N. Miss Ann Nelling, R.N., and Mrs. Linda McCleery, R.N.

I want to express my appreciation to Miss Eileen Parker, Miss Judy Cassidy and Mrs. Marjorie Morris who ably and cheerfully performed the typing and secretarial tasks.

The illustrations were done by my wife, Barbara, a dedicated and skillful professional medical illustrator. I believe they are so fine that any comment by me would be superfluous. To properly visualize the surgery, Barbara would scrub, be gloved and gowned and become part of the "surgical team." Most of my surgery starts at 7:30 a.m., and her willingness to arise at the necessary time to take part in the procedure was truly a labor of love.

Julia Y. Chai, Medical Librarian of Crozer-Chester Medical Center, has been most kind in providing me necessary assistance.

Mrs. Dinetta Palmer of the Crozer-Chester Medical Center Operating Room staff has worked as my instrument nurse for more than 17 years, and I consider myself blessed to have her on my team.

Throughout the years, I have drawn freely upon the expertise and kindness of the radiologists in the three hospitals I serve and am grateful for their help. I am particularly indebted to Dr. Hal Prentiss, neuroradiologist at Crozer-Chester Medical Center, who has been most generous with his time and encouragement.

I have been particularly fortunate to be associated with Dr. Maurice Davidson, a fine

physician and one of the kindest men I have known. I thank him for his forbearance in assuming many of the practice burdens during the preparation of this monograph.

I am deeply indebted to the staff of the J. B. Lippincott Company for their support and encouragement. I particularly wish to thank Mr. J. Stuart Freeman and Miss Jean Hyslop for their kindness and help.

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