

Indications Index

We hope that this comprehensive index will assist you in quickly finding what you need to make use of this book immediately in your clinic. Please take a moment to glance over the entirety of the index, familiarizing yourself with the layout, to make it easier in the future to find what you seek.

We have grouped similar musculoskeletal conditions together, for example, the section *Low back (lumbar, sacrum, sciatica)* includes all conditions involving the lower back, sacrum, tailbone or sciatica, while the section *Back and spine disorders* includes all conditions of the upper back and spine, but also ancillary conditions such as scapular and arm pain that also include the upper back.

For conditions affecting a smaller area, such as wrist, hand or finger pain, those are listed in their appropriate subsection named, *Wrist, hand and finger disorders*, but you will find conditions that include both the arm and hand in the more global section named, *Arm, elbow and forearm disorders*. Think, 'big to small' for the groupings.

Index entries that are **bolded/ bolded with (commentary)** highlight significant commentary or treatment information, thus this will be often be the best starting point for that topic. Of note, we offer a *Clinical Insight* section which links to some of the more thorough commentary and clinical wisdom covering a wide variety of interesting topics.

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