

Hooper's Suggested Reading List

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Over the past few years of writing this column, I have received numerous requests for information on how to get started as an industrial consultant. My first response is to suggest that it's time to become familiar with the territory, i.e., what the literature says about work-related musculoskeletal injuries. To accomplish this, I think it is necessary to do a fair amount of homework. Let me suggest the following resources.

Cumulative Trauma Disorders

Cumulative Trauma Disorders: A Legal Guide to CTD Prevention, Regulation and Liability. Andrews Professional Books, 1994.

Carpal Tunnel Syndrome and Other Disorders of the Median Nerve. Rosenbaum RB, Ochoa JL. Butterworth-Heinemann, Boston, 1993.

Occupational Hand and Upper Extremity Injuries and Diseases. Kasdan ML. Hanley & Belfus, Philadelphia, 1991.

Hand-Arm Vibration Syndrome: A Comprehensive Guide for Occupational Health Professionals. Pelmear PL, Taylor W, Wasserman DE, eds. Van Nostrand Reinhold, New York, 1992.

Beyond Biomechanics: Psychosocial Aspects of Musculoskeletal Disorders in Office Work. Moon SD, Sauter SL, eds. Taylor & Francis, London, 1996.

Cumulative Trauma Disorders, Current Issues and Ergonomic Solutions: A Systems Approach. Parker KG, Imbus HR. Lewis Publishers, New York, 1992.

Work Related Musculoskeletal Disorders (WMSDs): A Reference Book for Prevention. Kuorinka I, Forcier L, eds. Taylor & Francis, Bristol, PA, 1995.

Musculoskeletal Disorders in the Workplace: Principles and Practice. Nordin M, Andersson GBJ, Pope MH. Mosby, St. Louis, 1997.

Comprehensive Guide to Work Injury Management. Isernhagen SJ, ed. Aspen, Gaithersburg, MD, 1995.

Back Pain

The Psychology of Back Pain: A Clinical and Legal Handbook. Drukteinis AM, Charles C. Thomas, Springfield, IL, 1996.

Occupational Back Pain. Dayo RA, ed. In: Spine, State of the Art Reviews. Hanley & Belfus, Philadelphia, 1987.

Occupational Low Back Pain: Assessment, Treatment and Prevention. Pope MH, Andersson GBU, Frymoyer JW, Chaffin DB. Mosby Year Book, St. Louis, 1991.

Low Back Pain. Mandell P, Lipton MH, Berstein J, Kucera GJ, Kampner JA. Slack Inc., Thorofare, NJ, 1989.

Conservative Care of Low Back Pain. White AH, Anderson R, eds. Williams and Wilkins, Baltimore, 1991.

The Psychophysiology of Low Back Pain. Adams N. Churchill Livingstone, New York, 1997.

Back School and Other Conservative Approaches to Low Back Pain. White A. C.V. Mosby, St. Louis, 1983 (out of print).

Preventing Low Back Pain. Hooper PD. Williams and Wilkins, Baltimore, 1992 (out of print).

Ergonomics

Fitting the Task to the Man: A Textbook of Occupational Ergonomics. Grandjean E. Taylor and Francis, Philadelphia, 1988.

Ergonomics Interventions to Prevent Musculoskeletal Injuries in Industry. Proceedings of the American Conference of Governmental Industrial Hygienists. Lewis Publishers, Chelsea, MI, 1991.

Sitting on the Job. Donkin SW. Parallel Integration, Lincoln, NE, 1986.

Ergonomics, Work and Health. Pheasant S. Aspen, Gaithersburg, MD, 1991.

Computers and Visual Stress. Godnig ED, Hacunda JS. Abacus, Grand Rapids, MI, 1991.

Ergonomics in Computerized Offices. Grandjean E. Taylor & Francis, Philadelphia, 1987.

Occupational Biomechanics. Chaffin DB, Andersson GBJ. John Wiley & Sons, New York, 1994.

Ergonomic Design of Material Handling Systems. Kroemer KHE. Lewis Publishers, New York, 1997.

Safety

The Workplace Walkthrough. Kornerg JP. Lewis Publishers, Chelsea, MI, 1992.

Industrial Safety and Health in the Age of High Technology. Goetsch DL. Macmillan Publishing Co., New York, 1993.

The Psychology of Safety. Geller SE. Chilton Book Co., Radnor, PA, 1996.

The Americans with Disabilities Act

The Americans with Disabilities Act: A Manager's Guide. McCormick JA. Windcrest/McGraw Hill, New York, 1994.

Complying with the ADA: A Small Business Guide to Hiring and Employing the Disabled. Allen JG. John Wiley & Sons, Inc., New York, 1993.

The Americans with Disabilities Act: A Practical Guide for Managers. Schneid TD. Van Nostrand Reinhold, New York, 1992.

Performing Arts

Dance Medicine: A Comprehensive Guide. Ryan AJ, Stephens RE, eds. Pluribus Press, Chicago,

1987.

Textbook of Performing Arts Medicine. Sataloff RT, Brandfonbrener AG, Lederman RJ, eds. Raven Press, New York, 1991.

Dance Technique and Injury Prevention. Howse J, Hancock S, eds. Theatre Arts Books, New York, 1992.

Dancing Longer, Dancing Stronger. Watkins A, Clarkson PM. Watkins A, Clarkson PM. Princeton Book Co., Princeton, NJ, 1990.

Miscellaneous

Healthy Work, Stress, Productivity, and the Reconstruction of Working Life. Karasek R, Theorell T. Harper Collins, 1990.

The Injury Fact Book, 2nd edition. Baker SP, O'Neill B, Ginsburg MJ, Guohua L. Oxford University Press, New York, 1992.

The Health Company: Eight Strategies to Develop People, Productivity and Profits. Rosen RH. Perigee Books, New York, 1991.

The Twenty-Four Hour Society. Moore-Ede M. Addison-Wesley Publishing Co., New York, 1993.

The Corporate Healthcare Revolution: Strategies for Preventive Medicine at Work. Ashton D. Kogan Page, London, 1989.

Occupational Health: Recognizing and Preventing Work-Related Disease, 3rd edition. Levy BS, Wegman DH, eds. Little Brown and Co., Boston, 1995.

Occupational Hearing Loss, 2nd ed. Sataloff RT, Sataloff J. Marcel Dekker, Inc., New York, 1993.

Healthy People 2000: National Health Promotion and Disease Prevention Objectives. DHHS publication no. (PHS) 91-50213, U.S. Govt. Printing Office.

Health Promotion for Chiropractic. Jamison JR. Aspen, Gaithersburg, MD, 1991.

I'm sure I've left a couple of references off the list, but that should be enough to get you started. Best of luck and good reading!

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