

Low Back Pain Who

Dr. Cailliet's books have been applauded by doctors and health professionals all over the world; they provide common sense guides for diagnosis and treatment of painful or disabling conditions in various parts of the body. One of the outstanding features of these books is the concise and detailed descriptions of the structure and functional anatomy of each region, with numerous drawings graphically expanding the author's lucid text

e2ed127c4f

If you are considering physical therapy, chiropractic, medications, ergonomics, injections or even surgery as a treatment for your back pain, this is a must read. Dr. His more than thirty

years in practice have taught him that treatment options make more sense when you have knowledge of how your pain occurs. As both a spine surgeon and chiropractor, Dr. By eliminating the mystery of back and leg pain, you are more empowered to make the right choices for your own care. This book contains the whys and wherefores of all lower back pain management. Donald Corenman has a comprehensive understanding of back disorders and conditions. Understanding why the spine develops pain is not complicated or difficult. Corenman draws on his unique background and experience to teach you everything you need to know about your spine in a simple and straightforward way e2ed127c4f

The value of conservative options is also assessed to help the reader weigh the need for surgery. Low back pain is a very common problem that is increasingly being treated surgically. The book concludes with a chapter devoted to evidence-based analysis of the outcome of surgery in patients with low back pain. This book will be invaluable to orthopaedic and neurosurgeons, rheumatologists, neurologists, and all who are concerned with the effective treatment of this often debilitating condition. It begins by explaining the

scientific basis for surgery and considering the different diagnostic techniques that may be employed, thereby elucidating the surgical rationale, indications, and contraindications. This book aims to evaluate carefully the possible surgical approaches to low back pain, with detailed appraisal of the factors leading to their success or failure. The various surgical modalities, including the most recent, are then fully described and evaluated with the aid of numerous illustrations e2ed127c4f

Gutierrez, MD, not all patients with low back pain are the same, and not all back conditions have a common cause. According to author Mario A. Gutierrez draws on more than twenty years of neurosurgery experience and direct patient contact to guide back pain sufferers in their quest for reliable information and diagnosis with topics such as: Causes of low back pain Current treatments for low back pain Low back surgery options Treatment myths Rehabilitation Health insurance/disability Prevention Whether you're a patient seeking answers, an aspiring medical professional, or a practicing physician, Understanding Low Back Pain is a must-have reference, complete with medical terminology, a short medical

glossary, and frequently used medical abbreviations. Dr. Are you one of the millions of people who suffer from low back pain. A single source of information should not be taken as the only truth, as this can lead to misconceptions and misunderstandings in the diagnosis and treatment of low back pain. While it is important that patients with low back pain educate themselves about the lower back, the information available is often more confusing than it is helpful e2ed127c4f

An authoritative guide to the evaluation and practical management of low back pain, one of the most frequently encountered workplace disability problems. The book furnishes clear advice on diagnosis, clinical presentation, and therapeutic intervention, also covered are workmen's compensation, chronic pain programs, disability evaluations, and legal issues e2ed127c4f

Established authoritative text for clinicians, lecturers, researchers and those working in the medico-legal arena Emphasizes the latest perspectives in research and shows how it is now leading to advances in clinical methodology Provides an overview of the best original

research – including more than 350 new references – to provide researchers with the latest and most important information relating to back pain Contains over 150 full-colour line artworks and more than 60 photographs Additional chapters devoted to Sensorimotor Control, and Cervical Spine Anatomy and Biomechanics Includes more than 350 new references Now published in full colour with improved page design and navigation Bonus website containing useful PowerPoint presentations, which include seminars entitled Back Pain and Forces on the Spine as well as an overview of the Psychosocial Flags Framework. Now published for the first time in full colour, the volume presents a unique synthesis of the latest research findings and explains its recent changes in emphasis - from trying to understand and reverse age-related spinal degeneration to addressing the soft tissue causes of pain. Clinically orientated and highly practical throughout, The Biomechanics of Back Pain has become the standard platform by which readers keep abreast of research and developments in the field and is essential for all clinicians involved in the care and treatment of patients with back pain, as well as for those studying its causes and methods of prevention. New chapters are devoted to Sensorimotor Control, and Cervical Spine

Anatomy and Biomechanics, while a bonus website contains useful PowerPoint presentations, which include seminars entitled Back Pain and Forces on the Spine as well as an overview of the Psychosocial Flags Framework. Authored by experts of international renown, the new edition of The Biomechanics of Back Pain forms a bridge between the latest research and the effective clinical management of patients with back problems

Coverage based on The Spine Journal special issue on low back pain ensures that topics are relevant and up to date. Integration of interventions provides information in a clinically useful way, so it's easier to consider more than one type of treatment or intervention for low back pain, and easier to see which methods should be tried first. A multidisciplinary approach covers treatments from manual therapies to medical interventions to surgery, and many others in between. Tables and boxes summarize key information. Covering all commonly used interventions for acute and chronic low back pain conditions, Evidence-Based Management of Low Back Pain consolidates current scientific studies and research

evidence into a single, practical resource. Evidence-based content allows you to make clinical decisions based on the ranking the best available scientific studies from strongest to weakest. A systematic review of interventions for low back pain includes these categories: patient education, exercise and rehabilitation, medications, manual therapy, physical modalities, complementary and alternative medicine, behavioral modification, injections, minimally invasive procedures, and surgery. Additional coverage includes patient education and multidisciplinary rehabilitation. 155 illustrations include x-rays, photos, and drawings. Surgical interventions include decompression, fusion, disc arthroplasty, and dynamic stabilization. Experienced editors and contributors are proven authors, researchers, and teachers, and practitioners, well known in the areas of orthopedics, pain management, chiropractic, physical therapy, and behavioral medicine as well as complementary and alternative medicine; the book's contributors include some of the leading clinical and research experts in the field of low back pain. Patient history and examination chapters help in assessing the patient's condition and in ruling out serious pathology before making decisions about specific interventions. No other book makes it so easy to compare the

different interventions and treatment approaches, giving you the tools to make better, more informed clinical decisions. Editors Simon Dagenais and Scott Haldeman, along with expert contributors from a variety of clinical and academic institutions throughout the world, focus on the best available scientific evidence, summarizing the results from the strongest to the weakest types of studies. An interdisciplinary approach enables health care providers to work together. A logical, easy-to-follow organization covers information by intervention type, from least invasive to most invasive. Its multidisciplinary approach covers a wide scope of treatments from manual therapies to medical interventions to surgery, organizing interventions from least to most invasive e2ed127c4f

Although low back pain usually is a self-limiting disorder that improves spontaneously over time, the etiology of low back pain is generally unknown and the diagnostic label, \"non-specific low back pain\". Low back pain is a common disorder which affects the lumbar spine, and is associated with substantial morbidity for about 80% of the general population at some stages during their lives e2ed127c4f

Explores the epidemiologic, clinical and basic science issues of lumbar radiculopathy, idiopathic low back pain and degenerative stenosis e2ed127c4f

Manual covers both common and uncommon causes of lower back pain, and a range of conditions and disorders and their diagnosis and treatment e2ed127c4f

In writing this book for sufferers of low back pain, Doug has combined his years of clinical experience with his insights into Chinese medical theory. Ac. , practiced acupuncture & taught qi gong & tai ji quan at the Denver Back School & the Colorado Center for Rehabilitation of the Spine for seven years before going into private practice. In particular, he stresses the holistic nature of Chinese medical diagnosis & treatment & the use of Chinese remedial & preventive therapies for the protection & rehabilitation of the low back. He finishes by providing a wide range of exercises & helpful hints on how to strengthen the low back, relax the mind & reduce stress, center one's gravity, & in general live a happier, more productive life. 95 from Blue Poppy Press. Having introduced the basic theories of Chinese medicine as they relate to the low back, Doug goes on to describe how Chinese-

style practitioners diagnose & treat various types of low back pain giving several specific case histories. Douglas Frank, Dipl. \$9. During that time, he became an expert in the acupuncture/Chinese medical treatment of the low back e2ed127c4f

- Expert guidance on the appropriate therapeutic approach for optimal pain relief, covering conservative management, injections and surgical options.
- Maintenance exercises for posture correction, overall stretching and conditioning, and the avoidance of back strain.

Low back pain is one of the most common presenting complaints, can be extremely debilitating and carries enormous economic costs. It equips the general healthcare professional with the knowledge and skill required to accurately assess each individual patient and offer the appropriate therapeutic choices for maximum pain relief.

- Detailed exploration of the clinical assessment, including history taking, the 'red flags' to watch out for, physical observations and gait assessment, psychological considerations, palpation, and neurological and muscle testing. This makes a thorough history and skilled physical examination essential to identifying the cause of symptoms and developing an effective

therapeutic plan. This fully revised second edition of 'Fast Facts: Low Back Pain' is the work of two leading experts. • Therapeutic exercises for pain relief and progressive restoration of function. Contents: • Clinical assessment • Investigations • Causes of low back pain • Conservative management • Injections and surgery • Future prospects • Back maintenance exercises. All healthcare professionals who evaluate patients with back pain, or who have back pain themselves, will benefit from the thoughtful information and excellent illustrations presented in this comprehensive handbook. In 70% of cases, however, no obvious cause is apparent e2ed127c4f

Written by world-renowned spine physicians, this volume presents a global view of what is known about neck and back pain. This evidence-based book emphasizes cost-effective diagnosis and treatment. Twenty-one chapters cover topics that range from epidemiology, psychological factors, and work-related influences to surgical and nonsurgical treatments, a review of social security systems, and recommendations e2ed127c4f

This second edition of 'Low Back Disorders' provides research information on low back problems and shows readers how to interpret the data for clinical applications e2ed127c4f

The majority of cases of chronic lower back pain are either directly related to, or worsened by specific muscle weaknesses and imbalances. A family doctor's consent is advised prior to starting this program. For more information and some exercise examples, go to www. This guide provides those in pain, a much needed alternative to popular exercises and stretches that are recommended but still do not resolve the cause of the pain. This guide will benefit the user throughout their life as their physical needs change with age and lifestyle. Learn how to self treat chronic lower back pain easily and safely with this fully illustrated, instructional, low impact, pain-safe, exercise guide long term. These exercises are founded on the methods of exercise therapy, physiotherapy, and lower back pain and injury rehabilitation. com. The guide begins with 13 'Limited Mobility Exercises' to improve your flexibility and address your stiffness and tightness that contribute to and worsen lower back pain. the ideas here apply to several forms of chronic pain, in my case hip pain. 19

'Progressive Exercises' then, stimulate, develop and strengthen the muscles and joints necessary to protect the lower back from pain. lowbackpainprogram. Many issues related to back pain are a result of muscular and joint imbalances that can be self-corrected through specific movements and exercises. \" - R. It uses non-surgical, non-medicinal, and safe methods for all ages and difficulties. You've given me hope that relief is possible, and that I can heal. 13 'Challenging Exercises' are then taught to reinforce, correct and re-educate the muscles and joints to move and operate functionally and effectively to prevent recurrence of lower back pain. Upon completion of these exercises, 11 simple 'Maintenance Exercises' selected can then be seamlessly used throughout your daily routine as needed to keep your muscles optimally conditioned to protect your lower back from imbalances and pain. Newmarket. Simple, easy to understand steps that have made a huge difference in pain management and improving quality of life - thank you. It will help with your current pain, to prevent the return of pain, and to reduce your dependency on medication and surgery. Aurora \"Excellent read. The exercises condition and restore proper mobility and function for your lower back, hips, legs and pelvis, allowing painful areas time to heal and recover.

S. \" - C. They are intended for home use and can be performed at the users convenience and comfort level. **IMPORTANT NOTE:** You will relieve your pain as you learn a series of short and effective exercises. This specifically designed guide carefully teaches the correct methods to move, train and strengthen your body to properly relieve back pain. The exercises will teach you how to treat and recondition several misunderstood and neglected areas of the lower back, hips and legs that can lead to lower back pain. This book contains 45 important exercises, over 170 detailed illustrations, 3 treatment and conditioning levels, 1 maintenance level and 4 progress charts. The Low Back Pain Program demonstrates effective, very low-risk exercises, stretches and movements to treat and prevent: lower back pain, backache, back spasms and more, long term with a careful, concise, 'at home' guide. N. I feel ready to start the program now that I have this helpful guide. If you are suffering from acute or chronic low back pain and are not sure how to resolve it, this exercise plan can help you. Learn some of the major causes of lower back pain, book details and how to provide relief at home long term. \"A very comprehensive, practical and step by step guide e2ed127c4f

This edition includes more clinical applications, an algorithm of care for managing low back pain, specific methods to train abdominal and trunk extensor mechanisms, and a new section on teaching the patient self-management strategies. Beautifully illustrated and easy-to-use, the text cohesively integrates kinesiology, biomechanics, and anatomy with pain therapy. From this perspective, it develops a system for evaluating the origins of mechanical low back pain, and recommends steps for developing safe, active rehabilitation programs. The 2nd Edition of this unique book examines the functional anatomy of the lower back

It will particularly appeal to general radiologists, radiology residents, and interventional radiologists who want to update their diagnostic expertise, as well as clinicians from other specialties who are interested in imaging for their patient care. This open access book offers an essential overview of brain, head and neck, and spine imaging. Over the last few years, there have been considerable advances in this area, driven by both clinical and technological developments. The book also includes a synopsis of pediatric imaging. IDKD books are

rewritten (not merely updated) every four years, which means they offer a comprehensive review of the state-of-the-art in imaging. Written by leading international experts and teachers, the chapters are disease-oriented and cover all relevant imaging modalities, with a focus on magnetic resonance imaging and computed tomography. The book is clearly structured and features learning objectives, abstracts, subheadings, tables and take-home points, supported by design elements to help readers navigate the text e2ed127c4f

And, they detail the best of today's surgical treatment approaches as well as the most effective manual manipulation methods. These authorities bring you comprehensive, multidisciplinary guidance on low back pain diagnosis, prevention, and education. Presenting the 4th edition of this excellent text, with the expertise of 19 leading specialists representing the fields of orthopedic surgery, neurosurgery, osteopathy, physical therapy, and chiropractic e2ed127c4f

Donelson is a veteran spine specialist, researcher and educator who brings badly needed common sense and evidence to this complex problem of low back pain. This is a valuable

read for any stakeholder seeking to improve the management of low back pain and to dramatically reduce its annual U. Dr. And for the first time, psychosocial factors and manual therapies are placed in their proper perspective. Employers, payers, and disease management groups alike will benefit from these reliable means of determining the few necessary and many avoidable costs of managing low back pain. cost of \$50 billion or more. His insightful review of this valuable, yet ironically overlooked, clinical research reveals both clinical and economic solutions from implementing patient-specific treatments, rather than the \"one-size-fits-all\" guideline recommendations. This large subgroup can now be identified early on, providing opportunity for great cost savings and a goldmine of research discoveries about the causes of, and solutions to, low back pain. Such objective decision-making offers new insights into how to avoid the need for medication, expensive imaging, or specialist referral, including low back surgery. In this hard-to-put-down account, he accurately exposes flaws in the low back pain scientific process and then offers simple, logical remedies. S. Unknown to most are the many studies reporting that most low back pain is a rapidly reversible condition; that is, it can be eliminated, often quickly, by the

patients themselves. This refreshing approach offers clinicians clinical methods to objectively determine non-pharmacologic ways for patients to gain control of their own low back pain and to recover more quickly and simply e2ed127c4f

The outcomes of this research are giving rise to a new set of questions with important clinical implications. The human pelvis, in particular movement at the pelvic joints, has recently become the focus of a number of major research programmes. Its safe and effective management concerns many professional groups from gynaecologists and midwives to physiotherapists, osteopaths, chiropractors and orthopaedic surgeons. What effect does lumbar spine surgery have on pelvic stability. Back pain is one of the most common clinical problems in modern society. What are the similarities between lumbopelvic pain and peripartum pain. Movement, Stability and Low Back Pain brings together the latest findings which help to provide the answers to these questions. Does the latest anatomical and biomechanical research provide the missing links. These questions include: Is the consideration of the lumbar spine and pelvis as separate entities an obstacle to the effective

treatment of back pain. How is the stability of the pelvis maintained. What is the relevance of the latest kinematic findings to the prevention and treatment of low back pain e2ed127c4f

For students, residents, and emergency physicians. Fully-updated edition of this award-winning textbook, arranged by presenting complaints with full-color images throughout e2ed127c4f

Physical fundamentals of intensive ultrasound effects are covered, and detailed discussions are presented on the engineering principles of equipment and material design for the practical use of ultrasound in the refining of melts, crystallization of ingots and molds, pulverization, plating, pressure working of metals, surface strengthening, and other processes. Ultrasound in Liquid and Solid Metals focuses on the effect of intensive ultrasound on metals, including the analysis of the development of cavitation and acoustic flows in melts, mechanism of metals' spraying and crystallization, the formation of dislocation structure in crystals, diffusion, phase transformation, and plastic deformation e2ed127c4f

Because today's patients expect their clinicians to possess an in-depth understanding of available treatments, this text covers the broad spectrum of clinical options currently available. From chiropractic to osteopathy, from medicine to physical therapy, from occupational medicine to evidence-based health care, from psychology to surgery, from pain medicine to manipulation, from post-surgical rehabilitation to end-stage training of elite athletes, this textbook brings all the specialists together to allow clinicians direct access to state-of-the art standards of practice from a single source. Comprehensive multidisciplinary text for low back conditions e2ed127c4f

Enabling you to not only cure the pain you are suffering, but also prevent any future occurrences. Low back pain & sciatica is a problem endured by nearly all of the population at some point in their life. This book will provide you with the knowledge & ability you need to self diagnose, prescribe & then treat your specific problem e2ed127c4f

The book first explores the latest diagnostic approaches and offers key tips for accurate musculoskeletal examinations before addressing the various treatment modalities, with a

particular focus on the most common joints involved in rheumatoid arthritis: the wrists and the metacarpophalangeal joints (2nd and 3rd). This Open Access book presents practical approaches to managing patients affected by various rheumatological diseases, allowing readers to gain a better understanding of the various clinical expressions and problems experienced by these patients. Discussing rheumatology from an organ systems perspective, it highlights the importance of detailed musculoskeletal examinations when treating patients affected by rheumatological diseases. Featuring easy-to-understand flow diagrams and explaining the common medical problems associated with rheumatic disease, such as shortness of breath and anemia, it is not only a valuable resource to rheumatologists, but will also appeal to medical students, junior residents, and primary healthcare physicians

It is suitable for anyone suffering back pain, and doctors or therapists can use it to help patients cope with early management of symptoms. This is the second edition of the booklet which contains practical advice on how to deal with back problems and stay active. It is

based on the latest research and the information has been shown to be effective in clinical trials. It is linked with the Royal College of General Practitioners and the Faculty of Occupational Medicine guidelines for coping with back pain. The publication is also available in packs of 10 copies (ISBN 0117029505), as well as a video based on the booklet (Get back active, ISBN 0117029408) e2ed127c4f

The Biomechanics of Back Pain e2ed127c4f

The specific diagnostic and treatment maneuvers required for effective decision making are discussed. Topics include epidemiology, expanded coverage of MRI, occult trauma, myofascial pain and traumatic neuropathy, and occupational low back pain. The 2nd Edition provides definitive coverage of the medical causes of low back pain. Broad implications of the responsible disease process, mechanisms of mechanical failure, and specific medical therapies are covered in depth e2ed127c4f

Low back pain is one of the most common complaints of people seeking health care. It sets out to present a full picture of non-surgical low back pain therapy, from injection techniques, exercise mobilization and manipulation to the subtleties of successful psychological management. This book is an interdisciplinary resource for the management of all aspects of back pain e2ed127c4f

To bring him or her to the maximum literature research in the world of spinal chiropractic adjusting, to diagnose spinal manipulation conditions, to diagnose pathologies causing spine pain that require other care, and to encompass flexion distraction decompression manipulative care for those with spine pain. The outcomes of these procedures are not outstanding with debate over their use. All of these surgical interventions have demonstrated, as shown in this textbook, to have limitations on positive outcomes while encouraging nonsurgical forms of care to prevent, delay, or replace surgical care"-- Provided by publisher. \ "This text is prepared for the practicing chiropractic physician. All profits from this text are donated to chiropractic research of flexion distraction adjusting.

We have seen the progressive acceleration in surgical care with the artificial disc replacements; drastic increases with bolt, plate, and screw fixation, cage fusion; and anterior and posterior interbody fusion. This text is written to make the chiropractor the best nonsurgical spine doctor available. The seventh edition of this textbook is built upon the peer-reviewed literature and research studies in the diagnosis and treatment of low back and radicular pain, focusing on the nonsurgical chiropractic adjusting methods. What are the principle advances in this subject in this time period. At the same time, there is an attempt to decrease invasive spine surgery via arthroscopy, intradiscal electrothermal coagulation, anti-inflammatory intradiscal injections, stem cell regeneration, percutaneous discectomy, rhizotomy, and steroid injections. The last edition was published in 1999, and this text is the last 11 years of updated material on the subject of low back pain e2ed127c4f

Low Back Pain FAQs, part of the Geisinger Healthcare System FAQs series, is intended as a patient education resource for those who suffer from the acute or chronic misery associated with this troublesome condition. Chronic pain in the lower back is the most

common cause of disability for persons under 45 years of age. The authors provide brief, focused answers to common questions raised by their patients with the goal of empowering patients to cope more effectively and ease the pain. The text offers crisp, detailed graphics that enhance the presentation of key concepts, diagnosis (CT, MRI), and various treatment modalities. The book helps patients understand when surgery is necessary, and when relief can be achieved through exercise and lifestyle changes only. The most effective strategy is of course, prevention. Sometimes back pain signals that a more serious problem may be present. As with all titles in the FAQ Series, this book works to educate patients and provide concise, current information for common ailments e2ed127c4f

Authored by four of the leading researchers in the field from different professional backgrounds, the book comprehensively examines back pain from diverse perspectives. Addresses the important and prevalent problem of back pain thoroughly from a unique biomechanics perspective. This highly illustrated, up-to-date book is essential reading for anyone involved in the care and treatment of patients with back pain, as well as for those

studying its causes and methods of prevention. Provides an understanding of back mechanics that is necessary in order to form an accurate diagnosis and treatment plan. Six new chapters are included: Growth and Aging of the Lumbar Spine; Spinal Degeneration; Biomechanics of Spinal Surgery; Surgery for Disc Prolapse; Spinal Stenosis and Back Pain; and Conservative Management of Back Pain. By linking the clinical anatomy of the spine to biomechanics principles, it provides a bridge between anatomy and practical applications. This practical text, written by four key researchers in the field, offers an effective approach to the management and treatment of back pain based on applications of biomechanics. Expanded sections on spinal growth and aging provide additional comprehensive information on this important topic. Includes additional and updated information on the interpretation and explanation of spine research literature. An expanded color plate section with 23 new black-and-white photographs and 21 new line drawings illustrate the content clearly. Written especially for practitioners, the book presents information in a way that is relevant to therapists who treat patients with back pain e2ed127c4f

https://ikere-west.mlga.ek.gov.ng/PPT/231J7341I8/119J89I/find/the_berenstein-bears_all_aboard-i_can_read-level_1.pdf
https://ikere-west.mlga.ek.gov.ng/DOC/pg242607/61P26G9260195120/list/the-boss-baby-classic_board-books.pdf
https://ikere-west.mlga.ek.gov.ng/ITUNE/H31U064907/H59U937/url/red-car-green-car-a-changing_colors-book.pdf
https://ikere-west.mlga.ek.gov.ng/EPDF/vf242607/119F8V3154195120/list/the-presidency-true_books.pdf
https://ikere-west.mlga.ek.gov.ng/KINDLE/458L82N/240726/go/diary-of_an-angry_alex_book_12-an_unofficial-minecraft_book_minecraft-ales-83.pdf
https://ikere-west.mlga.ek.gov.ng/ITUNE/9I62Z62/2I82Z71340/niche/pretending_to_be-normal-living_with_asperger-s-syndrome.pdf
https://ikere-west.mlga.ek.gov.ng/TXT/sk/5297S9K/list/the-housekeeper-s-diary-charles-and-diana_before-the-breakup.pdf
https://ikere-west.mlga.ek.gov.ng/PUB/I4B8004/195120240726/find/you-wouldn-t_want-

[to-be_a-world-war_ii-pilot-air_battles-you_might-not_survive.pdf](#)
https://ikere-west.mlga.ek.gov.ng/PAGE/SM20706994/SM97378/niche/the_elves-and_the_shoemaker.pdf
<https://ikere-west.mlga.ek.gov.ng/KINDLE/195120/689H39P/niche/perfect-anorexia-and-me.pdf>
https://ikere-west.mlga.ek.gov.ng/EPUB/58I306E/37I9779E80/find/better_homes_and-gardens-new-junior_cook_book-better_homes_and-gardens_cooking.pdf
https://ikere-west.mlga.ek.gov.ng/EBOOK/ig242607/I31G854626195120/file/the_tunnel_through_time_a-new-route_for_an_old_london-journey.pdf
https://ikere-west.mlga.ek.gov.ng/BOOK/72219GB/195120240726/key/why_mosquitoes-buzz_in_people-s_ears_a-west_african_tale.pdf
https://ikere-west.mlga.ek.gov.ng/BOOK/240726/9N876777U3/key/matron_in_charge.pdf