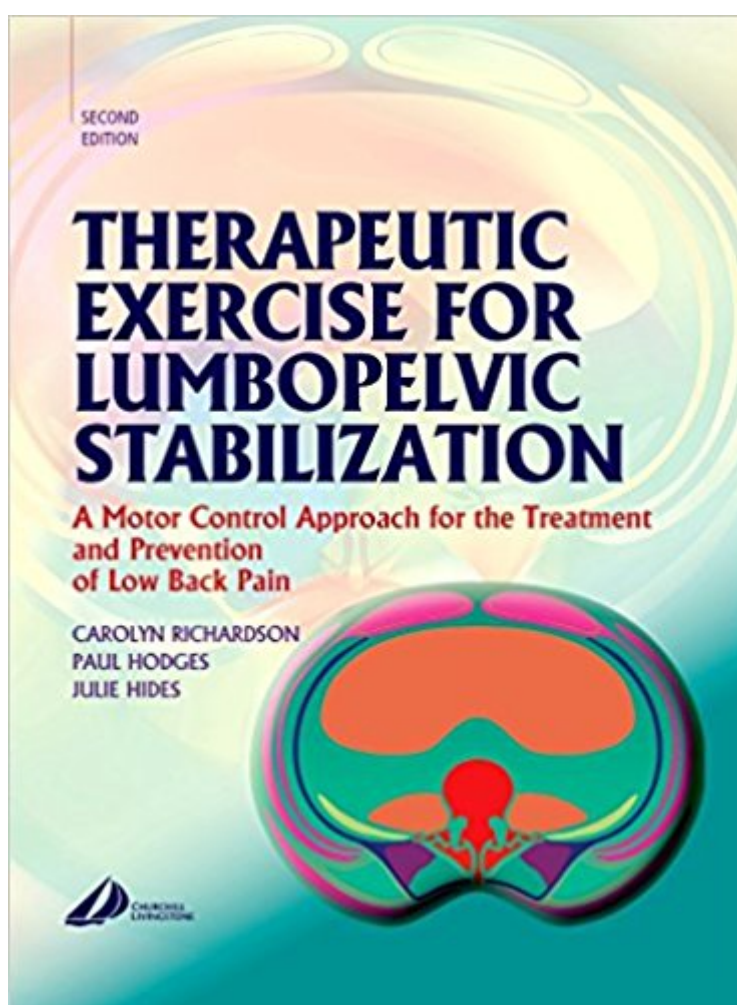


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# Therapeutic Exercise For Lumbopelvic Stabilization: A Motor Control Approach For The Treatment And Prevention Of Low Back Pain, 2e



## Synopsis

This book presents the latest information and research on the prevention and management of musculoskeletal pain and dysfunction. It introduces the reader to an approach to clinical management and prevention based on that research. This text's impressively thorough coverage makes it an indispensable text for both researchers and clinicians in the field of musculoskeletal pain and dysfunction.Â Written by 3 of the foremost researchers in the field, the material features a high level of credibility and respect, unlikely to be found in any other reference on musculoskeletal dysfunction.Â Coverage offers the most up-to-date information available, as it is based on the very latest research from the key workers in the field around the worldÂ Practical examples demonstrate the clinical relevance of the research to the student and busy practitionerÂ The text presents a new, problem-solving approach to back pain assessment and management, based on the latest understanding of the anatomy, physiology and biomechanics involved.Â Extensive illustrations, line diagrams, and photographs complement the text with visual aides.Â Many new illustrations help the reader to understand key points.Â The text includes new, detailed information on Panjabi's model, the passive system, the neural system, the muscle system, and the dysfunctions in each system and their interrelationships. Â Refocused material provides the reader with knowledge necessary to real-life practice by placing new emphasis on the principles relating to injury prevention and its importance for reducing health costs.Â Expanded coverage of issues of the neural spine and ergonomics help the reader come to a thorough understanding of this important topic.Â Information on acute and early intervention now provides comprehensive coverage.Â The inclusion of issues relating to the management of chronic pain conditions helps to present the latest important issues in the field.Â The integration between the local and global muscle systems explains the importance and relationship of these two topics.Â New therapeutic exercises and other treatment programs keep the reader up-to-date.

## Book Information

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## Customer Reviews

Carolyn Richardson, PhD, BPhy (Hons), Associate Professor and Reader, Department of Physiotherapy, University of Queensland, Australia; Paul Hodges, PhD, BPhy (Hons), Associate Professor and Reader, Department of Physiotherapy, University of Queensland, Australia; and Julie Hides, PhD, MPhtyST, Bphty, Department of Physiotherapy, University of Queensland, Australia

waaay too complex to understand without much time to really absorb it

Ordered this for a thesis project. Clear, credible and concise.

This is the second copy of this book that I have purchased and have to say that this second one is a disappointment as far as quality. It looks like someone photocopied the original manuscript and then bound that in a fancy cover. The pictures are hard to see and there are dark and light lines through the pages. I paid a fair amount of money for this book and expected a brand new copy with glossy pictures and easy to read text. The content of the book, however, just like the original text I bought is excellent.

The seller was very prompt and the item was as expected. Would definitely purchase again.

I spent years reading these guys research, and in this book, they have put it all together in one handy volume. The book cites a lot of studies from the academic research and does get technical. In fact, I know some physical therapists that have gotten lost reading it! Therefore, potential buyers should know that the book is mainly for people who are in the medical profession that specialize in spine problems. As a treatment for spinal problems, spinal stabilization exercise is a solid, evidence-based treatment and quite effective. Also recommend "Treat Your Own Rotator Cuff" for both laypeople and medical folk alike- strengthening the rotator cuff does for the shoulder what strengthening the multifidus does for the spine.

this book, although a little technical, shows what happens in injured lower backs and then proceeds to describe a proven strategy to heal lower backs. I was amazed at the information presented in this book... I thought I knew everything there is to know about backs, having been an athlete all my life and having been a somatic therapist & Yoga teacher for the past 20 years. Well I learned a lot more and I even applied the material to my own back with great results with very little work... I also feel a lot more confident about teaching my clients how to take care of their backs...

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