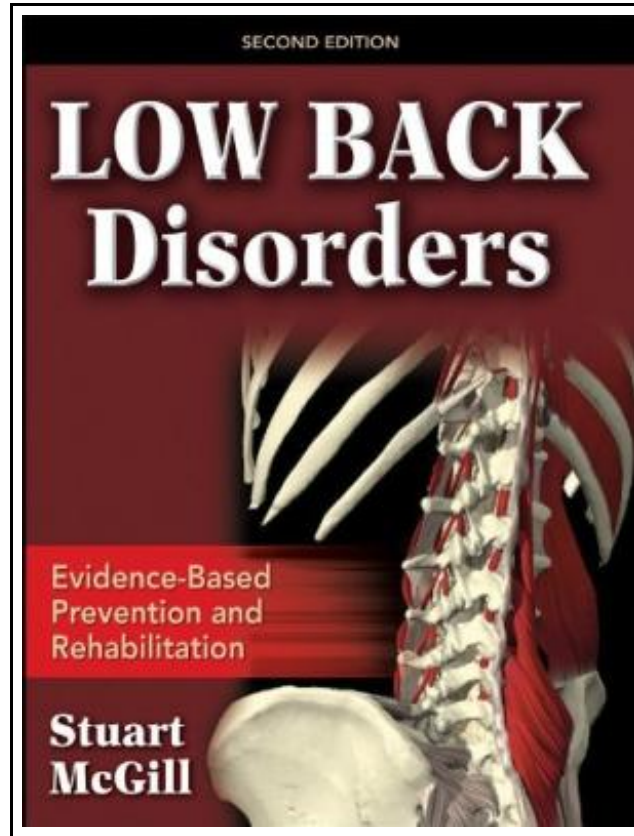


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Human Kinetics Publishers. Hardback. Book Condition: new. BRAND NEW, Low Back Disorders (2nd Revised edition), Stuart McGill, Access the latest research and applications to build effective prevention and rehabilitation programs for your patients or clients with "Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition". Internationally recognized low back specialist Stuart McGill presents original research to quantify the forces that specific movements and exercises impose on the low back, dispels myths regarding spine stabilization exercises, and suggests prevention approaches and strategies to offset injuries and restore function. "Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition", presents a clear exposition of back anatomy and biomechanics and demonstrates how to interpret the latest research on low back involvement for clinical applications. The text also contains detailed information on injuries associated with seated work and sport and ergonomic issues related to manual handling of materials. With "Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition", you will gain valuable information on measured loading of the back during specific activities and apply it to avoid common, but counterproductive practices in back rehabilitation; learn how to analyze each patient's or client's unique physical characteristics and lifestyle factors to tailor preventive measures and treatments to individual needs; learn how to help patients and clients progress through the stages of rehabilitation: corrective exercise, stability or mobility, endurance, and strength; and acquire the information necessary to design an effective injury-prevention program. This fully updated second edition expands knowledge of low back disorders and best practices in several areas. Enhanced algorithms guide progressive therapeutic exercise, and specially designed patient assessment provocation tests aid you in determining the cause of back troubles, guide your choices in the best ways to eliminate problems, and improve the development of appropriate activities for functional gain. Whereas the first edition focused on increasing...



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