



Therapeutic Exercises for Spinal Segmental Stabilization in Low Back Pain: Scientific Basis and Clinical Approach, 1e

Carolyn Richardson PhD BPhy(Hons), Gwendolen Jull PhD MPhy Grad Dip Man Ther FACP, Paul W. Hodges PhD MedDr DSc BPhy(Hons) FACP, Julie Hides PhD MPhyST Bphly

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This long awaited text presents a new approach to therapeutic exercise for the back, based on the evidence from detailed studies undertaken by the authors over a number of years. The approach focuses on stabilization training of the muscles affecting the back. It also demonstrates the practical clinical relevance of their findings.

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