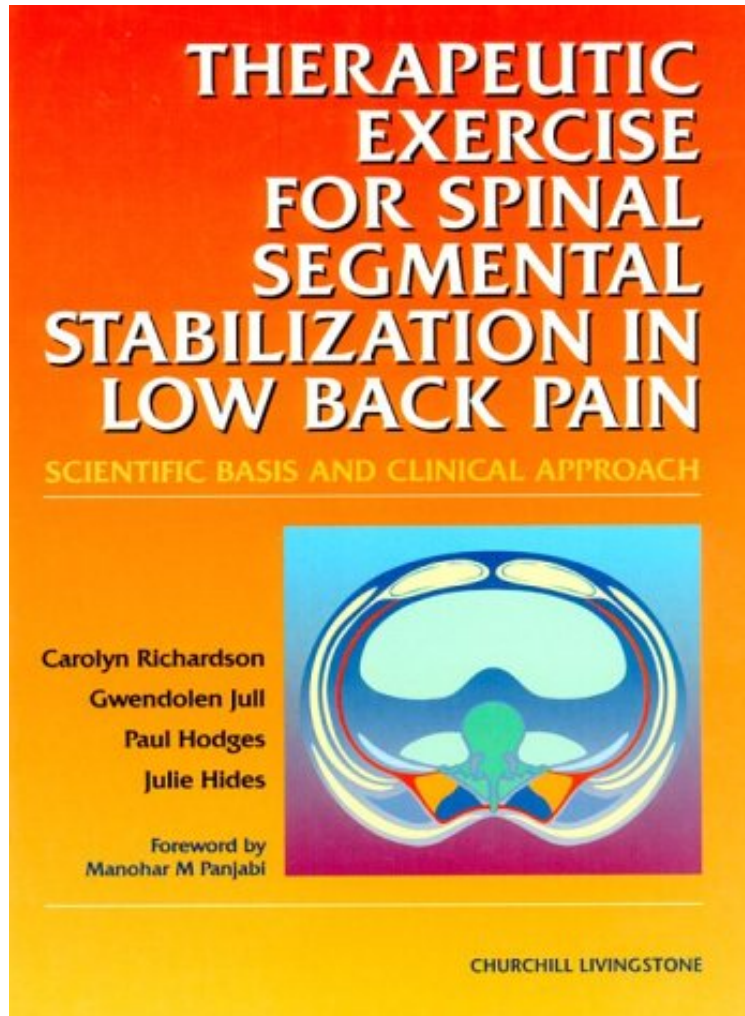


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Therapeutic Exercises for Spinal Segmental Stabilization in Low Back Pain: Scientific Basis and Clinical Approach, 1e

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16 of 17 people found the following review helpful. Fundamental to Clinical Practice for Ortho CliniciansBy Rick

Jemmett, B.Sc., (PT)The seminal papers of 1992 by Panjabi spawned a significant amount of research from the anatomical, motor control and biomechanical disciplines and thus have fundamentally changed the way spinal function is appreciated. This text, more than any other text for the clinician, develops the reader's understanding for the Panjabi model of spinal function and thus the differences between the traditional strengthening model of rehabilitation and the vastly more evidence-based motor control/ motor re-education model demanded by the current literature. At a time when there remains tremendous confusion regarding the concept of spinal stability in healthy and pathologic populations, this text should be considered fundamental to any clinician's preparation for work with spinal populations. Richardson et al have done an excellent job of summarizing the research-based foundations for their segmental stabilization clinical model. The clinical approach has of course evolved somewhat since publication of this text; however, it remains a 'must read' for its clear delineation of the fact that LBP is problem of impaired motor control, not an impairment of strength. The implications for clinical practice here are tremendous. As an adjunct to the text, I would strongly encourage clinicians to seek out the courses taught by Dr. Paul Hodges, co-author of this text, as a means to verify their interpretation of the clinical model. 38 of 39 people found the following review helpful. A must for those who treat Low back pain. By David McCune This new and exciting information finally provides an evidence base for the management and prevention of low back pain. The authors have thoroughly explained both the basic science that led them to their own discoveries of the segmental stabilization of the lumbar spine and the clinical applications of these concepts. Having studied under the principle authors for a year in Australia, I can attest to the efficacy of the concepts put forth in this book. Though many of the actual treatment methods have been advanced further since the release of this text, those that have little familiarity with these concepts will find this book essential in providing you with the foundation of these concepts and techniques. More will undoubtedly be heard from these authors in the future, but start here. A must for all clinicians who treat lumbopelvic pain and dysfunction. 26 of 28 people found the following review helpful. Therapeutic Exercise for Spinal Segmental Stabilization By dan olson This text provides the practicing clinician with a sound theoretical basis for spinal stabilization exercises proposed by the authors. The book could be a bit more readable with some modification in the basic science section. Although thoroughly presented, this portion of the text reads more like a series of research articles than a textbook. That shortcoming notwithstanding, I would recommend this text to all clinicians treating patients with lower back pain.

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.