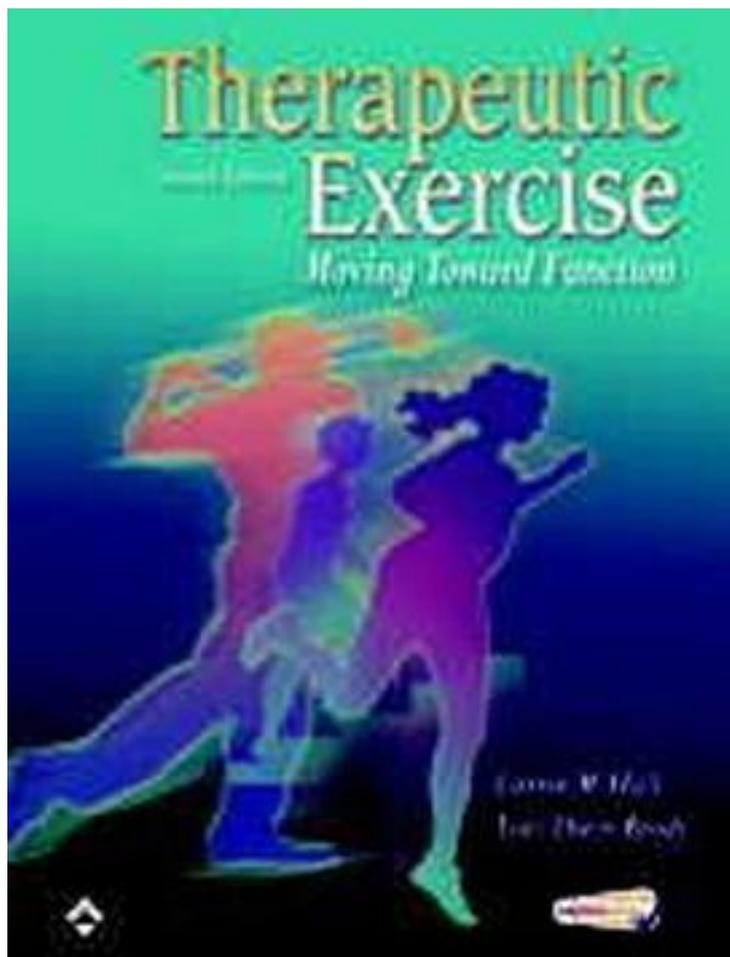


Therapeutic Exercise



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Thoroughly updated to highlight current evidence to support best practice, Kisner & Colby's new 5th edition offers the most up-to-date guidelines for managing musculoskeletal conditions. Now even more extensively illustrated, it provides

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读的第6版，听完肌动学的课再来看，大有收获，拯救我的颈椎。看完还是要练啊啊啊啊

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