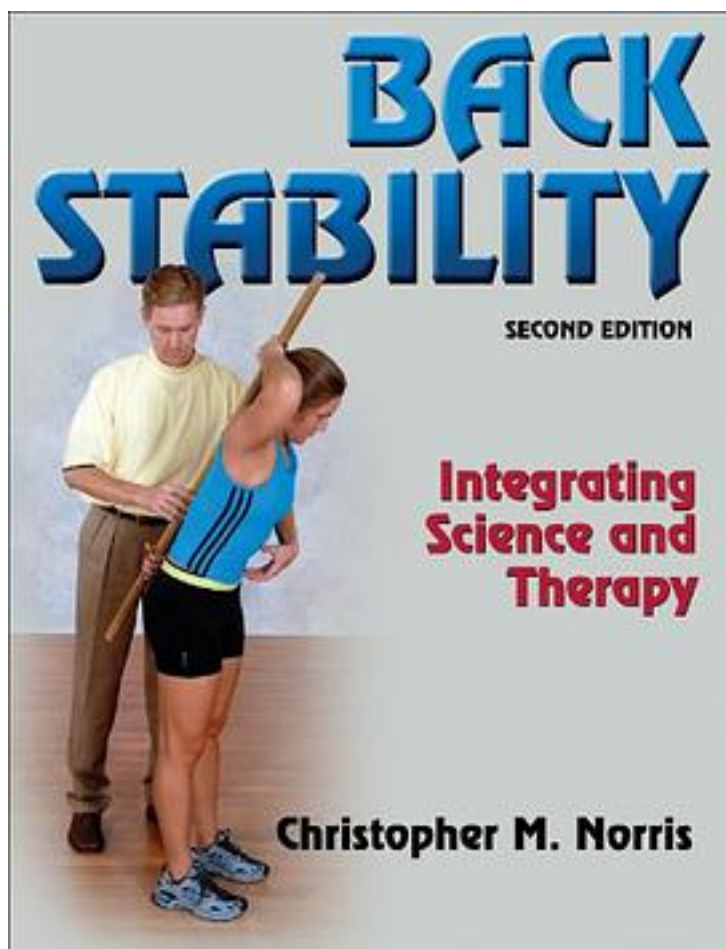


# Back Stability



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This new edition provides professionals and students with a blue-print for diagnosing and treating back problems. Heavily backed by research, activities are carefully selected and presented in a logical manner. Clinicians are alerted to look for

inappropriate movement patterns and how to assess these. Practical clinical advice helps to provide clinicians with the means to develop effective back care programmes and this edition is packed with more clinical applications based on new research. The book size has been increased to open up the contents and make the read easier. New illustrations and photos, together with a second interior colour, provide an attractive format from which to identify and learn important content. For the second edition, photographs of all the exercise techniques have been included for clarity. To make these even more useful, where appropriate they overlay the photographs to show body alignment.

作者介绍:

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