



# **Therapeutic Exercise for Lumbopelvic Stabilization: A Motor Control Approach for the Treatment and Prevention of Low Back Pain, 2e**

*Carolyn Richardson PhD BPhy(Hons), Paul W. Hodges PhD MedDr DSc BPhy(Hons) FACP, Julie Hides PhD MPhyST Bphly*

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This book presents the latest information and research on the prevention and management of musculoskeletal pain and dysfunction. It introduces the reader to an approach to clinical management and prevention based on that research. This text's impressively thorough coverage makes it an indispensable text for both researchers and clinicians in the field of musculoskeletal pain and dysfunction.

- Written by 3 of the foremost researchers in the field, the material features a high level of credibility and respect, unlikely to be found in any other reference on musculoskeletal dysfunction.
- Coverage offers the most up-to-date information available, as it is based on the very latest research from the key workers in the field around the world
- Practical examples demonstrate the clinical relevance of the research to the student and busy practitioner
- The text presents a new, problem-solving approach to back pain assessment and management, based on the latest understanding of the anatomy, physiology and biomechanics involved.
- Extensive illustrations, line diagrams, and photographs complement the text with visual aides.
- Many new illustrations help the reader to understand key points.
- The text includes new, detailed information on Panjabi's model, the passive system, the neural system, the muscle system, and the dysfunctions in each system and their interrelationships.
- Refocused material provides the reader with knowledge necessary to real-life practice by placing new emphasis on the principles relating to injury prevention and its importance for reducing health costs.
- Expanded coverage of issues of the neural spine and ergonomics help the reader come to a thorough understanding of this important topic.
- Information on acute and early intervention now provides comprehensive coverage.
- The inclusion of issues relating to the management of chronic pain conditions helps to present the latest important issues in the field.
- The integration between the local and global muscle systems explains the importance and relationship of these two topics.
- New therapeutic exercises and other treatment programs keep the reader up-to-date.

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