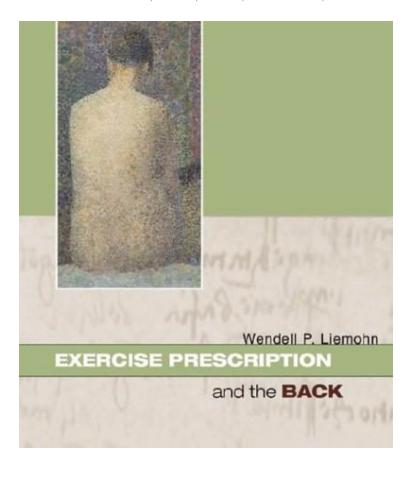
Exercise Prescription and the Back

By Wendell Liemohn
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A unique manual presenting the role of exercise in the remediation and prevention of back pain The book takes exercise physiology and applies to the back area examining the trunk flexibility and range of motion aerobic conditioning and more Includes an introduction to aquatic therapy therapy for spine pain and therapeutic exercise research Overall this book meets its goal of being useful as an adjunct text for rehabilitation courses I have already used the information in this text to prepare a class on spinal rehabilitation Physical Therapy 2002 12 01

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