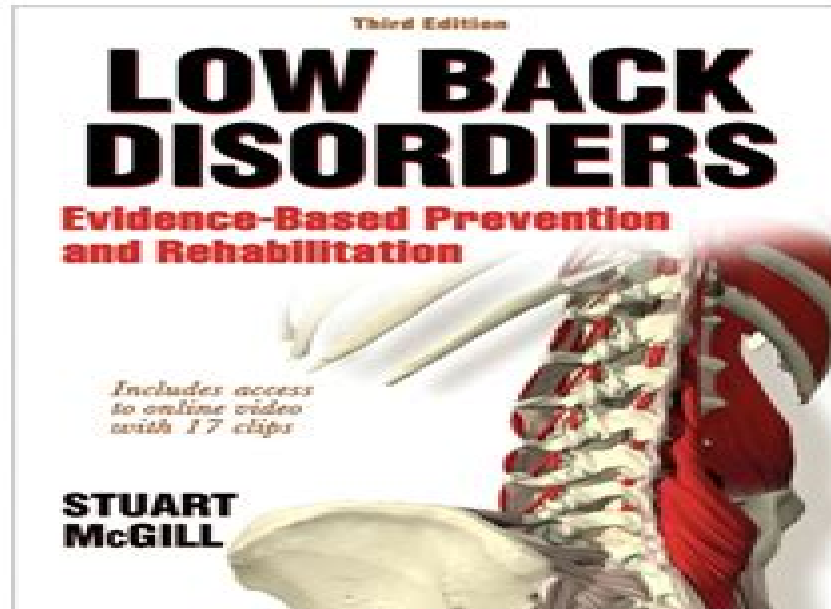


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Fred Stellabotte ,Rachel Straub



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Low Back Disorders Stuart McGill, 2015-11-17 Low Back Disorders Third Edition With Web Resource guides readers through the assessment and treatment of low back pain providing evidence based research on the best methods of rehabilitation and prevention of future injury In this book internationally recognized low back specialist Stuart McGill presents the research and applications of back anatomy and biomechanics to build effective prevention and rehabilitation programs for patients or clients This third edition of Low Back Disorders contains all of the essential tools for those with low back maladies Strong foundational information on anatomy and injury mechanisms guide readers through the essential functions of the structures of the low back and related tissues and common misconceptions about pain and discomfort are addressed and corrected The text provides detailed insights into injury assessment by an extensively expanded set of tests with accompanying instructions These provide guidance and recommendations for individualized rehabilitation strategies and exercises Also new to this edition is a web resource featuring 20 fillable Handouts for Patients or Clients that can be edited and printed to suit practitioner and patients needs The web resource also contains an online video suite that showcases various exercises and assessments In addition to offering strategies for relieving and potentially eliminating pain the text provides insight into the conditions and environments that may initially cause back pain and makes recommendations on reducing these influences so that clients can be pain free This book contains more than 500 photographs and charts on anatomy biomechanics and assessments 50 tests and exercises with step by step instructions are available to aid readers in developing successful programs for patients and clients In addition to the evidence based foundation of this edition the following enhancements have been made Completely updated information and streamlined chapter organization ensure that practitioners use best clinical practices Practical checklists throughout the text provide easy access to testing and assessment clinical techniques and information Practical Applications provide clinical information to aid readers in understanding concepts and theory To aid instructors the text includes a newly added image bank to visually support class lectures Low Back Disorders Third Edition With Web Resource contains essential research and corresponding clinical applications in a clear and organized format Part I introduces the functional anatomy and biomechanics of the lumbar spine It also presents epidemiological studies on low back disorders and dispels common myths of lumbar spine stability Part II reviews risk factors for low back disorders and common prevention methods with specific attention paid to reducing workplace risk factors Part III explains evaluating and diagnosing clients and developing exercise and rehabilitation programs Specific exercises that are proven to enhance performance and reduce pain are also explained Evidence based research and cutting edge application strategies from a leading spine specialist in North America make Low Back Disorders Third Edition With Web Resource the authoritative text for the examination and rehabilitation of the low back Its approach to back care will lead readers in developing intervention rehabilitation and prevention programs to address the

unique needs of each patient or client Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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Physical Medicine and Rehabilitation E-Book Randall L. Braddom,2010-12-07 Physical Medicine and Rehabilitation presents today s best physiatry knowledge and techniques ideal for the whole rehabilitation team This trusted reference delivers the proven science and comprehensive guidance you need to offer every patient maximum pain relief and optimal return to function In this new edition Dr Randall L Braddom covers current developments in interventional injection procedures the management of chronic pain integrative medicine recent changes in the focus of stroke and brain injury rehabilitation and much more Access the complete contents online along with 1000 self assessment questions at www.expertconsult.com Gain a clear visual understanding of important concepts thanks to 1400 detailed illustrations 1000 in full color Find and apply the information you need easily with each chapter carefully edited by Dr Braddom and his associates for consistency succinctness and readability Access the fully searchable text online at Expert Consult as well as 1000 self assessment questions Master axial and peripheral joint injections through in depth coverage of the indications for and limitations of these therapies Make optimal use of ultrasound in diagnosis and treatment Get a broader perspective on your field from a new chapter on PM R in the international community

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and on the DVD is presented in a logical format with the busy fitness professional in mind An online course also titled Core Assessment and Training can be purchased to complement and enhance the material presented in the book The course features interactive case studies with virtual clients that guide you through developing comprehensive core training programs that encompass strengthening flexibility endurance and power You ll gain insight into selecting exercises that are specific to each client s needs and into properly progressing exercises from basic to advanced You ll also practice identifying indicated and contraindicated exercises for various injuries and health conditions and in selecting core exercises for different athletes and clients Understanding the concepts of core training and analyzing functioning of the core are key components of safe core exercise programs With Core Assessment and Training you can master the techniques for assessing each client s needs and design customized training programs for maximum results

Strength and Conditioning for Team Sports Paul Gamble,2013 Strength and Conditioning for Team Sports is designed to help trainers and coaches to devise more effective high performance training programs for team sports This remains the only evidence based study of sport specific practice to focus on team sports and features all new chapters covering neuromuscular training injury prevention and specific injury risks for different team sports Fully revised and updated throughout the new edition also includes over two hundred new references from the current research literature The book introduces the core science underpinning different facets of physical preparation covering all aspects of training prescription and the key components of any degree level strength and conditioning course including physiological and performance testing strength training metabolic conditioning power training agility and speed development training for core stability training periodisation training for injury prevention Bridging the traditional gap between sports science research and practice each chapter features guidelines for evidence based best practice as well as recommendations for approaches to physical preparation to meet the specific needs of team sports players This new edition also includes an appendix that provides detailed examples of training programmes for a range of team sports Fully illustrated throughout it is essential reading for all serious students of strength and conditioning and for any practitioner seeking to extend their professional practice

Fundamentals and Assessment Tools for Occupational Ergonomics William S. Marras,Waldemar Karwowski,2006-02-02 Completely revised and updated taking the scientific rigor to a whole new level the second edition of the Occupational Ergonomics Handbook is now available in two volumes This new organization demonstrates the enormous amount of advances that have occurred in the field since the publication of the first edition The second edition not only provi

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energy transfer and exercise training affect human performance The extensively updated 9th Edition reflects the latest advances in the field as well as a rich contextual perspective to ensure readiness for today s clinical challenges **Weight Training Without Injury** Fred Stellabotte ,Rachel Straub,2016-01-01 **Automotive Ergonomics** Nikolaos Gkikas,2016-04-19 In the last 20 years technological developments have set new standards in driver vehicle interaction These developments effect the entire lifecycle from the moment a customer enters a dealership to examine a prospective vehicle to the driving experience during the vehicle lifecycle and the interaction with other road users and facilities in pl

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