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Back Stability: Integrating Science and Therapy 2nd Edition

By Christopher Norris



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Back Stability: Integrating Science and Therapy 2nd Edition By Christopher Norris

Back Stability: Integrating Science and Therapy, Second Edition, is designed to help practitioners recognize and manage back conditions using proven clinical approaches to stabilize the spine. More than just another sequence of back exercises, this text provides a theoretical foundation that will guide you in selecting the most effective exercises for each client and integrating them into a complete program to offer the best possible care in back health.

A focus on evidence-based practice pervades *Back Stability* to address one of the most common maladies of modern living: back pain. This text combines research from around the world in the areas of anatomy, physiology, pathology, biomechanics, exercise physiology, and motor skill training with the practical knowledge of author Christopher Norris, a physiotherapist, exercise professional, and teacher for more than 30 years. With his expertise, you will gain the practical knowledge to help you recognize and assess inappropriate movement patterns—whether caused by injury or simple day-to-day activity—and use a process of clinical decision making to determine which exercises to use in developing effective back care programs.

In addition to updated research, the second edition has undergone many changes that improve the book's layout and make it more user friendly:

- The 33 new exercises as well as modified versions of previous exercises help refine and customize each program.
 - Detailed teaching elements throughout the book provide constructive and motivating ways to prescribe exercises to clients and patients.
 - Photographs clearly demonstrate each exercise technique and, where appropriate, are overlaid with arrows or lines to show proper body alignment.
 - A second color is integrated throughout the text, enhancing the visual flow.
 - Bullet points summarize and facilitate quick reference of exercise technique, and checklists aid in exercise prescription.
 - A larger format for the text allows for a more attractive presentation with bigger photos and easier recognition of important information.
- The second edition of *Back Stability* is organized into five parts that follow a

logical progression from initial concepts to clinical applications. The text introduces the problems of back pain and instability and provides an explanation of spinal anatomy, movements, and the physics of lifting. A discussion follows of the basic skills required for developing stability. Assessments of posture and muscle balance are highlighted, and foundational movements for development of core stability are introduced.

After covering the basics, the text moves into more practical applications by presenting progressive exercises and basic equipment used for developing greater stability. Information on abdominal training, resistance apparatus, speed and power, and practical functional progressions will help your patients or clients increase back stability and enhance performance. Finally, real-life patient examples illustrate how to structure a full back stability program.

Back Stability: Integrating Science and Therapy, Second Edition, presents an alternative method for the treatment of back pain and provides each patient or client the opportunity to actively participate in recovery and maintenance. By integrating the science behind back pain into a useable format for understanding and application, Back Stability offers proven methods of care and assists your work with clients and patients to alleviate their pain, increase their back stability, and help them return to a fully functional lifestyle.

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“This is one of the few texts that takes the reader from basic exercises to advanced resistance training. For that reason, it is recommended for all individuals involved in strength and conditioning at every level.”

Dan Wathen

Youngstown State University

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