



Spinal Stabilization: The New Science of Back Pain, 2nd Edition (8596-2)

By Rick Jemmett

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The second edition of Spinal Stabilization has been revised to describe key differences in stabilization exercises for people with low back pain. Organized into two sections: The first section is for people with back pain, and section two is for athletes seeking a high-performance, injury-resistant spine. Excellent resource for athletes seeking a more functional form of core stability training. Written by Rick Jemmett, BSc (PT). Illustrated. Softcover; 125 pages

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