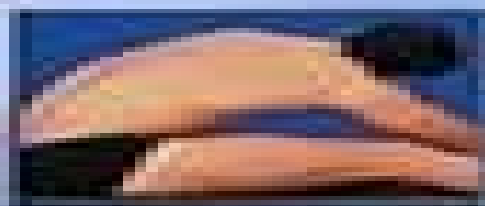


Comprehensive Manual Therapy



for the
Lumbar Spine
on Video

Dimitrios Kostopoulos
Konstantinos Roupoulas

SLACK Incorporated

Lumbar Spine Comprehensive Manual Therapy For The Lumbar Spine

Giles Gyer, Jimmy Michael



Lumbar Spine Comprehensive Manual Therapy For The Lumbar Spine:

Physical Therapy Management of Patients with Spinal Pain Deborah Stetts, Gray Carpenter, 2024-06-01 In this rapidly changing health care environment a challenge today's physical therapist faces is finding, evaluating and implementing current best evidence into practice. An integral part of health care professional educational programs. With that goal in mind **Physical Therapy Management of Patients With Spinal Pain: An Evidence Based Approach** provides a comprehensive research-based overview of the examination and physical therapy interventions of the spine. Inside **Physical Therapy Management of Patients With Spinal Pain** Drs. Deborah M. Stetts and J. Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment. By providing effective clinical interventions rather than relying on habits or tradition, patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk. Some features include: Over 650 photographs, images and tables; Access to a supplemental video Website with new book purchase; Best practice for evaluating and treating the lumbar spine, thoracic spine and cervical spine; Comprehensive coverage of the clinical presentation of spine-related pathologies from evaluation to treatment. Each chapter outlines the history, physical examination, physical therapy diagnosis, evidence-based management guidelines and case studies for each topic. Case studies will challenge the reader's clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions. Bonus: Also included with **Physical Therapy Management of Patients With Spinal Pain** is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures, examination, evaluation and intervention procedures covered within the text. **Physical Therapy Management of Patients With Spinal Pain: An Evidence Based Approach** is the go-to reference text and accompanying Web site for the physical therapy students or clinicians who are reaching for best practice through providing the highest level of evidence-informed care in the evaluation and management of patients with spinal pain.

Manual Physical Therapy of the Spine - E-Book Kenneth A. Olson, 2021-09-23 Selected for Doody's Core Titles 2024 in Physical Therapy. Build your skills in examination and manual therapy treatment techniques. **Manual Physical Therapy of the Spine** 3rd Edition provides evidence-based guidelines to manipulation, evaluation and treatment procedures of the spine and temporomandibular joint. A perfect blend of theory and practice, this text uses an impairment-based approach in showing how to reach an accurate diagnosis and develop an effective plan of care. The book's photos and drawings, along with some 200 videos, demonstrate examination and manipulation procedures including therapist hand placement, applied direction of force and patient positioning. Written by clinician and educator Kenneth Olson, this comprehensive resource will help you improve your clinical reasoning and provide successful outcomes. Approximately 200 video clips teach the skills needed to effectively implement evidence-based treatment recommendations related to manual therapy, manipulation and therapeutic exercise. Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of

spine and TMJ disorders along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation Guidelines for completing a comprehensive spinal examination include medical screening the patient interview disability assessment and tests and measures along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care Impairment based manual physical therapy approach includes a review of the evidence to support its use in evaluating and treating spinal and TMJ conditions Full color photographs show procedures from multiple angles illustrating hand and body placement and direction of force Case studies demonstrate the clinical reasoning used in manual physical therapy Clear consistent format for explaining techniques makes this reference easy to use in the classroom and in the clinical setting Guide to Physical Therapist Practice terminology is used throughout the book for consistency and for easier understanding Expert author Ken Olson is a highly respected international authority on the subject of spinal manipulation in physical therapy

Spinal Manual Therapy Howard W. Makofsky, 2024-06-01 *Spinal Manual Therapy* An Introduction to Soft Tissue Mobilization Spinal Manipulation Therapeutic and Home Exercises Second Edition is an easy to follow manual of clinical techniques for the spine pelvis and temporomandibular joint The text provides tools rather than recipes and immerses the reader in the process of thinking as a manual therapist rather than functioning as a technician The clinical utility of this revised second edition combines the art and science of present day spinal manual therapy The focus of *Spinal Manual Therapy* Second Edition is to provide clinically useful treatment techniques while being mindful of the scientific literature related to the practice of spinal manual therapy It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment The hands on approach taken by Dr Howard W Makofsky makes this new edition the go to textbook for spinal manual therapy New to the Second Edition New pictures of examination and treatment techniques with captions Additional case studies New evidence supporting spinal manual therapy Updated references throughout the text This unique textbook has a plethora of clinical techniques including the rationale for each of their use With over 300 figures illustrations and photographs for each examination treatment technique for various regions of the body students and clinicians learning manual therapy will benefit greatly from *Spinal Manual Therapy* Second Edition Inside you ll find Evaluation Soft tissue techniques Manipulative procedures Specific exercises Clinical problem solving *Spinal Manual Therapy* Second Edition mirrors a course on the introduction to spinal manual therapy and will be welcomed into physical therapy curriculums as well as appreciated by clinicians when entering clinical practice

Osteopathic and Chiropractic Techniques for Manual Therapists Giles Gyer, Jimmy Michael, Ricky Davis, 2017-07-21 The first book to bring together the best techniques from osteopathy and chiropractic this easy to use guide is necessary reading for any manual therapist wishing to hone their skills and discover related techniques that will enhance their practice

Manual Physical Therapy of the Spine - E-Book Kenneth A. Olson, 2008-10-15 A hands on how to approach helps you learn techniques and clinical problem solving

skills for treating spine and TMJ disorders Written by a well known authority on the subject of spinal manipulation in physical therapy this book provides the information you need to make sound decisions during clinical interventions An evidence based impairment classification approach helps you provide the best outcomes for your patients A companion DVD includes video clips demonstrating spinal examination and manipulation procedures Specifically for physical therapists dedicated to spinal manipulation Complete coverage meets the core curriculum needs of physical therapy students and provides an excellent self study tool for clinicians wanting to enhance their practice Detailed information on treatment strategies and techniques includes evidence based coverage of the examination and treatment of spine and TMJ disorders with an emphasis on integration of manipulation and therapeutic exercise A framework for completing a comprehensive exam includes medical screening patient interview disability assessment and tests and measures along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care Narrated video clips on a companion DVD include step by step instructions of each procedure plus a unique 3 dimensional perspective of over 80 spinal manipulations and procedures frontal lateral and cranial views A DVD icon in the book links the text discussion to the DVD Case studies demonstrate the clinical reasoning used in manual physical therapy Guide to Physical Therapist Practice terminology is used throughout the book making the content easier to understand and promoting conformity in terminology Clear photographs show essential concepts and procedures from multiple angles illustrating hand and body placement and direction of force A clear consistent format makes this a convenient reference in the clinical setting Lay flat binding allows the text to lay open for ease of use

The Lumbar Spine Harry N. Herkowitz, International Society for Study of the Lumbar Spine, 2004 The official publication of the International Society for the Study of the Lumbar Spine this volume is the most authoritative and up to date reference on the lumbar spine This edition provides more balance between basic science and clinical material and has been completely reorganized for easy reference New chapters cover gene therapy outcomes assessment and alternatives to traditional nonoperative treatment The editors have also added chapters on preparation for surgery surgical approaches spinal instrumentation and bone grafts Chapters on specific disorders have a consistent structure definition natural history physical examination imaging nonoperative treatment operative treatment postoperative management results of surgery and complications

Orthopaedic Manual Therapy Diagnosis: Spine and Temporomandibular Joints Aad van der El, 2010-11-15 Orthopaedic Manual Therapy Diagnosis is a comprehensive and easily accessible compendium of theory and technique related to orthopaedic manual therapy OMT This essential resource covers key topics such as spinal anatomy biomechanics arthrology general functional aspects of the spine definitions theories and examination This text combines a comprehensive discussion of both the pathophysiologic rationale and the applied evidence base with regard to OMT diagnosis It demonstrates numerous diagnostic techniques used in the clinical practice of manual medicine Providing an up to date analysis of spinal examination this is an ideal textbook for courses in OMT It also serves as a reference for all manual

medicine practitioners including physical therapists chiropractors osteopaths and medical physicians Makofsky's Spinal Manual Therapy Mark Gugliotti, Howard W. Makofsky, 2024-07-31 Makofsky's Spinal Manual Therapy An Introduction to Soft Tissue Mobilization Spinal Manipulation Therapeutic and Home Exercises Third Edition is an easy to follow manual of clinical techniques for the spine pelvis and temporomandibular joint The text provides tools rather than recipes and immerses the reader in the process of thinking as a manual therapist rather than functioning as a technician The clinical utility of this revised third edition combines the art and science of present day spinal manual therapy The focus of Makofsky's Spinal Manual Therapy Third Edition is to provide clinically useful treatment techniques while being mindful of the scientific literature related to the practice of spinal manual therapy It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment Inside you'll find sections covering evaluation soft tissue techniques manipulative procedures specific exercises and clinical problem solving The hands on approach taken by Makofsky's Spinal Manual Therapy makes this new edition the go to textbook for spinal manual therapy This unique textbook has a plethora of clinical techniques including the rationale for each of their use With over 300 figures illustrations and photographs for each examination treatment technique for various regions of the body students and clinicians learning manual therapy will benefit greatly from Makofsky's Spinal Manual Therapy This fully revised edition of Makofsky's Spinal Manual Therapy continues to mirror courses on the introduction to spinal manual therapy and will be key reading for physical therapy curriculums as well as appreciated by clinicians when entering clinical practice **Orthopaedic Manual Physical Therapy** Christopher H. Wise, 2015-04-10 Take an eclectic evidence based approach to orthopaedic manual therapy From theory through practical application of soft tissue and joint mobilization techniques this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision making as part of a comprehensive intervention regimen **Guccione's Geriatric Physical Therapy E-Book** Dale Avers, Rita Wong, 2019-10-24 Selected for Doody's Core Titles 2024 in Physical Therapy Offering a comprehensive look at physical therapy science and practice Guccione's Geriatric Physical Therapy 4th Edition is a perfect resource for both students and practitioners alike Year after year this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam And this new fourth edition only gets better Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions Five new chapters are added to this edition to help you learn how to better manage common orthopedic cardiopulmonary and neurologic conditions become familiar with functional outcomes and assessments and better understand the psychosocial aspects of aging In all you can rely on Guccione's Geriatric Physical Therapy to help you effectively care for today's aging patient population Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful evidence based care for aging patients Combination of foundational knowledge and clinically relevant information

provides a meaningful background in how to effectively manage geriatric disorders Updated information reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam Standard APTA terminology prepares students for terms they will hear in practice Expert authorship ensures all information is authoritative current and clinically accurate NEW Thoroughly revised and updated content across all chapters keeps students up to date with the latest geriatric physical therapy protocols and conditions NEW References located at the end of each chapter point students toward credible external sources for further information NEW Treatment chapters guide students in managing common conditions in orthopedics cardiopulmonary and neurology NEW Chapter on functional outcomes and assessment lists relevant scores for the most frequently used tests NEW Chapter on psychosocial aspects of aging provides a well rounded view of the social and mental conditions commonly affecting geriatric patients NEW Chapter on frailty covers a wide variety of interventions to optimize treatment NEW Enhanced eBook version is included with print purchase allowing students to access all of the text figures and references from the book on a variety of devices

Spine and Joint Articulation for Manual Therapists Giles Gyer,Jimmy Michael,Ben Calvert-Painter,2016-09-01 The book focuses on the practical application of articulation and mobilisation techniques with clear explanations and visual support of the techniques Techniques are described for all body regions Most other books for therapists include only one chapter on these important techniques This book covers a variety of best practise techniques for all areas of the body Examples are given to show how to adapt the techniques with the patient in different positions It also addresses the use of these techniques on children the elderly and pregnant women The mechanisms of each technique are explained with reference to the related anatomy and physiology Information is also given to help the therapist use the techniques safely for both themselves and their patients by adapting their own stance and posture to get maximum effect with minimum effort

Adaptive Osteopathic and Chiropractic Techniques for Manual Therapists Giles Gyer,Jimmy Michael,2025-05-21 Based on the latest clinical research and evidence based knowledge this resource guides manual therapists on how to safely integrate adaptive spinal manipulation into their practice using commonly used equipment Manual therapists will benefit from a thorough review of the latest studies and theories surrounding spinal manipulation and its neurophysiological effects Earlier chapters also detail the efficacy of spinal techniques on children factors around safety and patient screening as well as practical techniques and how to apply them The second half of the book offers a comprehensive and combined approach into the use of drop tables speeder boards and the Gonstead technique This fresh and innovative insight into the most effective use of equipment in spinal manipulation is supplemented with detailed full colour photographs and practical guidance Written by an internationally renowned author team this is an essential book for a wide range of therapies including osteopathy chiropractic care massage therapy and physiotherapy

Manual Therapy of the Spine Mark Dutton,2002 This book describes the anatomy and biomechanics of each area of the spine pelvis and TMJ and the theories behind the subjective and objective exams Working from this

foundation detailed explanations on the assessment and treatment of each of the various areas are given enabling the student and clinician to differentially diagnose and integrate the results gleaned from the assessment in order to formulate a working hypothesis The sequential flow of the assessment is also detailed with explanations as to its rationale allowing a clinician of any proficiency level to use this book as a resource for an accurate biomechanical assessment and the design of a specific treatment plan based on those assessment findings Recognizing the varying abilities between clinicians most techniques are described with the patient sitting or lying in different positions

Pathology and Intervention in Musculoskeletal Rehabilitation - E-Book David J. Magee, James E. Zachazewski, William S. Quillen, Robert C. Manske, 2015-11-03 NEW The Skin and Wound Healing chapter looks at the numerous tools available to assist in objectively monitoring and treating a patient with an acute or chronic wound NEW Rotator Cuff Pathology chapter highlights the anatomy function and etiology of the rotator cuff and addresses rotator cuff injuries physical examination and non operative and operative treatment UPDATED Substantially revised chapter on the Thoracic Ring Approach™ facilitates clinical reasoning for the treatment of the thoracic spine and ribs through the assessment and treatment of thoracic spine disorders and how they relate to the whole kinetic chain UPDATED Revised Lumbar Spine Treatment of Motor Control Disorders chapter explores some of the research evidence and clinical reasoning pertaining to instability of the lumbar spine so you can better organize your knowledge for immediate use in the clinical setting UPDATED Significantly revised chapter on the treatment of pelvic pain and dysfunction presents an overview of specific pathologies pertaining to the various systems of the pelvis and highlights how The Integrated Systems Model for Disability and Pain facilitates evidence based management of the often complex patient with pelvic pain and dysfunction NEW Musculoskeletal Bone and Soft Tissue Tumors chapter covers common bone tumors anatomic considerations and rehabilitation pediatric patients and amputation related to cancer UPDATED Thoroughly revised chapters with additional references ensure you get the most recent evidence and information available NEW Full color design and illustration program reflects what you see in the physical world to help you recognize and understand concepts more quickly

Manual Therapy for Musculoskeletal Pain Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-04-28 A pioneering one stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real life screening diagnosis and management of patients with musculoskeletal pain across the whole body Led by an experienced editorial team the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence The textbook is divided into eleven sections covering the top evidence informed techniques in massage trigger points neural muscle energy manipulations dry needling myofascial release therapeutic exercise and psychological approaches In the General Introduction several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain In Chapter 5 the basic principles of the physical examination

are covered while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education For the remaining sections the textbook alternates between the upper and lower quadrants Sections 2 and 3 provide state of the art updates on mechanical neck pain whiplash thoracic outlet syndrome myelopathy radiculopathy peri partum pelvic pain joint mobilizations and manipulations and therapeutic exercises among others Sections 4 to 9 review pertinent and updated aspects of the shoulder hip elbow knee the wrist and hand and finally the ankle and foot The last two sections of the book are devoted to muscle referred pain and neurodynamics The only one stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an expert editorial team and contributed by internationally renowned researchers educators and clinicians Covers epidemiology and history taking Highly practical with a constant clinical emphasis

Dance Anatomy and Kinesiology Karen Clippinger, 2023-10-04 Karen Clippinger's first two editions of *Dance Anatomy and Kinesiology* were hailed as the standard in the field This third edition builds on that success by retaining its scientific perspective while making the material even more accessible to students and teachers and by bringing in a significant amount of new material What's New In an effort to further enhance learning *Dance Anatomy and Kinesiology* offers a wealth of new material and tools to make this edition the best yet Nearly 300 anatomical illustrations now in full color to clearly show muscle movements and technique considerations setting the book apart from others in its field A new introductory chapter to cover basic terminology all in one place A new recurring Understanding Check element that helps students demonstrate their grasp of the material before moving on An updated suite of online instructor and student ancillaries to support the text New interactive art and table activities that aid with identifying bones and muscles and learning muscle actions delivered online through HKPropel More diverse dance styles addressed throughout the book and represented in photographs The instructor guide features a sample syllabus and course outline chapter outlines lab assignments and sample tests An expanded presentation package provides more PowerPoint slides and additional graphics now in color that reinforce each chapter's key points In this edition the number of slides has increased from 285 to more than 600 and the presentation package now contains over 100 photos Through HKPropel students have access to interactive Understanding Check activities flash cards practice quizzes with automatic feedback and 19 video clips that demonstrate technique and offer correction guidance The final chapter is revised to provide a summary and applications including more practical content in the form of summary figures or tables for bones joints muscle actions and alignment evaluation as well as sample mat exercises for dance conditioning And throughout the book Clippinger has updated content to simplify add more practical material and share best practices for injury prevention and rehabilitation Primary Focus The third edition of the book retains its emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand The text includes descriptions of joint structure key muscles movement analysis sample strength and

flexibility exercises common alignment problems select joint mechanics and special considerations for dance for each region of the body The third edition still features the Concept Demonstration and Dance Cues special elements The former provides movement experiences for dancers to better understand potentially difficult concepts while the latter helps the dancer reflect on the anatomical basis of commonly used cues used in teaching dance technique Empowers Instructors and Dancers This new edition of Dance Anatomy and Kinesiology will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems and it will help them become more effective and empower dancers to realize their potential and artistic vision Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Orthopedic Physical Assessment - E-Book David J. Magee, 2013-12-01

Newly updated this full color text offers a rich array of features to help you develop your musculoskeletal assessment skills Orthopedic Physical Assessment 6th Edition provides rationales for various aspects of assessment and covers every joint of the body as well as specific topics including principles of assessment gait posture the head and face the amputee primary care and emergency sports assessment Artwork and photos with detailed descriptions of assessments clearly demonstrate assessment methods tests and causes of pathology The text also comes with an array of online learning tools including video clips demonstrating assessment tests assessment forms and more Thorough evidence based review of orthopedic physical assessment covers everything from basic science through clinical applications and special tests 2 400 illustrations include full color clinical photographs and drawings as well as radiographs depicting key concepts along with assessment techniques and special tests The use of icons to show the clinical utility of special tests supplemented by evidence based reliability validity tables for tests techniques on the Evolve site The latest research and most current practices keep you up to date on accepted practices Evidence based reliability and validity tables for tests and techniques on the EVOLVE site provide information on the diagnostic strength of each test and help you in selecting proven assessment tests A Summary Pr cis of Assessment at the end of each chapter serves as a quick review of assessment steps for the structure or joint being assessed Quick reference data includes hundreds of at a glance summary boxes red flag and yellow flag boxes differential diagnosis tables muscle and nerve tables and classification normal values and grading tables Case studies use real world scenarios to help you develop assessment and diagnostic skills Combined with other books in the Musculoskeletal Rehabilitation series Pathology and Intervention Scientific Foundations and Principles of Practice and Athletic and Sport Issues this book provides the clinician with the knowledge and background necessary to assess and treat musculoskeletal conditions NEW Online resources include video clips assessment forms text references with links to MEDLINE abstracts and more NEW Video clips demonstrate selected movements and the performance of tests used in musculoskeletal assessment NEW Text references linked to MEDLINE abstracts provide easy access to abstracts of journal articles for further review NEW Forms from the text with printable patient assessment forms can be downloaded for ease of use NEW Updated information in all chapters includes

new photos line drawings boxes and tables NEW The use of icons to show the clinical utility of special tests supplemented by evidence based reliability validity tables for tests techniques on the Evolve site **Oxford Textbook of Musculoskeletal Medicine** Michael Hutson,Adam Ward,2016 This all in one companion to the field of musculoskeletal medicine describes basic concepts and offers practical guidelines for diagnosis and treatment and contains models of care which assist understanding of basic concepts *Advances in the Biology and Medicine of Pain* Alexandra Latini,Michael Costigan,2022-02-16 Grieve's Modern Musculoskeletal Physiotherapy Gwendolen Jull,Ann Moore,Deborah Falla,Jeremy Lewis,Christopher McCarthy,Michele Sterling,2015-05-11 Since the third edition of Grieve s Modern Manual Therapy was published in 2005 the original concepts of manipulative therapy have grown to embrace new research generated knowledge Expansions in practice have adopted new evidence which include consideration of psychological or social moderators The original manual therapy or manipulative therapy approaches have transformed into musculoskeletal physiotherapy and this is recognized by the change in title for the new edition Grieve s Modern Musculoskeletal Physiotherapy Grieve s Modern Musculoskeletal Physiotherapy continues to bring together the latest state of the art research from both clinical practice and the related basic sciences which is most relevant to practitioners The topics addressed and the contributing authors reflect the best and most clinically relevant contemporary work within the field of musculoskeletal physiotherapy With this as its foundation and a new six strong editorial team at its helm the fourth edition now expands its focus from the vertebral column to the entire musculoskeletal system For the first time both the spine and extremities are covered capturing the key advances in science and practices relevant to musculoskeletal physiotherapy The book is divided into five parts containing multiple sections and chapters The first part looks at advances in the sciences underpinning musculoskeletal physiotherapy practice Here there is commentary on topics such as movement the interaction between pain and motor control as well as neuromuscular adaptations to exercise Applied anatomical structure is covered in addition to the challenges of lifestyle and ageing A new section highlights the important area of measurement and presents the scope of current and emerging measurements for investigating central and peripheral aspects relating to pain function and morphological change Another section discusses some contemporary research approaches such as quantitative and qualitative methods as well as translational research Part III contains sections on the principles of and broader aspects of management which are applicable to musculoskeletal disorders of both the spine and periphery Topics include models for management prescription communication and pain management and contemporary principles of management for the articular nervous and sensorimotor systems In recognition of the patient centred and inclusive nature of contemporary musculoskeletal practice there is also discussion about how physiotherapists may use cognitive behavioural therapies when treating people with chronic musculoskeletal disorders The final part of the book focuses on selected contemporary issues in clinical practice for a particular region condition or the most topical approaches to the diagnosis and management of a region A critical review of

the evidence or developing evidence for approaches is given and areas for future work are highlighted Presents state of the art manual therapy research from the last 10 years Multidisciplinary authorship presents the viewpoints of different professions crucial to the ongoing back pain management debate Highly illustrated and fully referenced

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Lumbar Spine Comprehensive Manual Therapy For The Lumbar Spine Introduction

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