

## Rehabilitation of the Spine: A Practitioner's Manual

Liebenson



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This practical overview of spine rehabilitation combines McKenzie, Janda, Contract-Relax and Stabilization approaches into one common treatment protocol, demonstrating how to apply simple and inexpensive rehabilitation. It provides step-by-step guidelines to rehabilitative procedures for managing spinal conditions, with specific protocols for integrating, stretching, strengthening and spinal manipulation. It also offers a practical approach to low-tech outcomes assessment and functional capacity valuation, with updates on equipment, documentation and scientific advances.

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