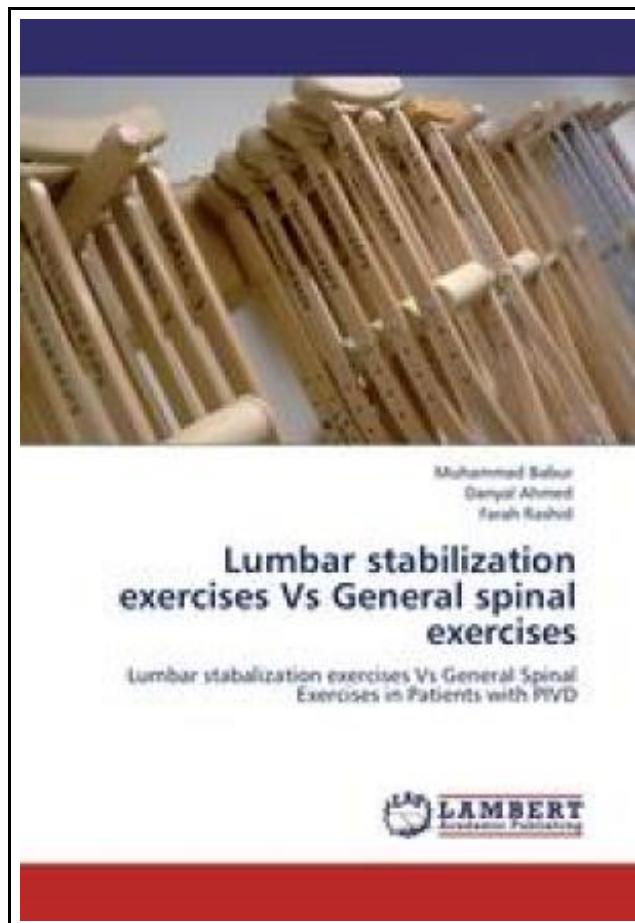


Lumbar stabilization exercises Vs General spinal exercises



Filesize: 6.79 MB

Reviews

It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

(Dr. Pat Hegmann)

LUMBAR STABILIZATION EXERCISES VS GENERAL SPINAL EXERCISES

[DOWNLOAD](#)

To get **Lumbar stabilization exercises Vs General spinal exercises** PDF, please refer to the hyperlink under and save the document or have access to other information which are relevant to LUMBAR STABILIZATION EXERCISES VS GENERAL SPINAL EXERCISES book.

LAP Lambert Academic Publishing Apr 2012, 2012. Taschenbuch. Book Condition: Neu. 221x151x7 mm. This item is printed on demand - Print on Demand Neuware - Objective: To compare the effectiveness of lumbar stabilization exercises (LSE) with general spinal exercises (GSE) in patients with postero lateral disc herniations. Methods: The randomized controlled trial was conducted A sample of 50 patients was taken from February 2010 to April 2010; and they were randomly placed either in control or experimental group, 25 patients in each group. Results: The progress of all the patients was measured on a unified scale describing 5 disability variables, pain intensity, walking, standing, sleeping and social activity according to modified Oswestry Scale. All participants performed their particular therapeutic exercise with their regular sessions of physical therapy for 4 weeks. By summing up the total of 5 variables, a total pre-exercise and post exercise score were obtained. This total disability score of the two groups were analyzed statistically and t- test was applied which shows statistically significant results with $p = 0.000007$ Conclusion: Hence patients who performed LSE protocols improved significantly better with lower disability scores compared with patients who had GSE protocols. 60 pp. Englisch.

[Read Lumbar stabilization exercises Vs General spinal exercises Online](#)[Download PDF Lumbar stabilization exercises Vs General spinal exercises](#)[Download ePUB Lumbar stabilization exercises Vs General spinal exercises](#)

Other PDFs



[PDF] Psychologisches Testverfahren

Access the link listed below to download and read "Psychologisches Testverfahren" PDF file.

[Download PDF »](#)



[PDF] Programming in D

Access the link listed below to download and read "Programming in D" PDF file.

[Download PDF »](#)



[PDF] Twitter Marketing Workbook: How to Market Your Business on Twitter

Access the link listed below to download and read "Twitter Marketing Workbook: How to Market Your Business on Twitter" PDF file.

[Download PDF »](#)



[PDF] Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

Access the link listed below to download and read "Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire" PDF file.

[Download PDF »](#)



[PDF] Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Jo Ann Brewer ISBN: 9780205491452

Access the link listed below to download and read "Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Jo Ann Brewer ISBN: 9780205491452" PDF file.

[Download PDF »](#)



[PDF] Yearbook Volume 15

Access the link listed below to download and read "Yearbook Volume 15" PDF file.

[Download PDF »](#)



[PDF] Applied Undergraduate Business English family planning materials: business knowledge REVIEW (English)(Chinese Edition)

Follow the web link listed below to get "Applied Undergraduate Business English family planning materials: business knowledge REVIEW (English)(Chinese Edition)" file.

[Download Document »](#)



[PDF] A Parent s Guide to STEM

Follow the web link listed below to get "A Parent s Guide to STEM" file.

[Download Document »](#)



[PDF] Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Follow the web link listed below to get "Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values" file.

[Download Document »](#)



[PDF] History of the Town of Sutton Massachusetts from 1704 to 1876

Follow the web link listed below to get "History of the Town of Sutton Massachusetts from 1704 to 1876" file.

[Download Document »](#)



[PDF] Adobe Indesign CS/Cs2 Breakthroughs

Follow the web link listed below to get "Adobe Indesign CS/Cs2 Breakthroughs" file.

[Download Document »](#)



[PDF] Very Short Stories for Children: A Child's Book of Stories for Kids

Follow the web link listed below to get "Very Short Stories for Children: A Child's Book of Stories for Kids" file.

[Download Document »](#)