Exercise Rehabilitation for Lumbo-Pelvic Stability & Functional Recovery

Suggested Reading List

This is a suggested list of interesting articles, rather than pre-requisite reading


Hodges, P. (2010) Strategies for motor control of the spine & changes in pain: the deep vs superficial muscle debate. 7th Interdisciplinary World Congress Low Back & Pelvic Pain, Los Angeles. 414-419


Rasouli O.et al. (2011) Ultrasound measurement of deep abdominal muscle activity in sitting positions with different stability levels in subjects with & without chronic low back pain. Manual Therapy, 16 (4), 388-393

