



## Tests and Exercises for the Spine

By Peter Fischer

Paperback. Book Condition: New. Not Signed; Tests and Exercises for the Spine expertly guides physical therapists in conducting tests to help determine which exercises are most effective in treating each patient's particular spinal condition. It is a concise, practical manual in which the evaluation (test), therapy (exercise), and home exercise program are presented in a single step, saving physical therapists and patients time and increasing the sustainability of the treatment. Key Features: \* Nearly 300 full-color, high-quality photographs that demonstrate the tests and exercises\* A chapter containing The Navigator, a handy reference tool to link the causes, symptoms, tests and exercises for different spinal conditions. The Navigator consists of a fully labeled body diagram in which each numbered body part corresponds to a chart listing the causes and symptoms along with the locations in the book that present the corresponding tests and exercises\* Online access to spinal assessment forms in PDF format\* A troubleshooting section in each chapter that helps physical therapists make the exercises work for all patients All physical therapists, advanced physical therapy students, and other allied health professionals treating patients with spine issues will find this book an excellent resource throughout their careers. book.



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