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Theutic Exercise For Lumbopelvic Stabilization

The injury was managed successfully with a seven-point

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programme—biomechanical assessment and correction, neurodynamics, core stability, eccentric strengthening ... reformer-based Pilates exercises ...

Recurrent hamstring muscle injury: applying the limited evidence in the professional football setting with a seven-point programme

The objective is to provide guidance for pregnant women and obstetric care and exercise professionals on prenatal physical ... and decreased severity of depressive symptoms and lumbopelvic pain).

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