

# **Therapeutic Exercise For Lumbopelvic Stabilization: A Motor Control Approach For The Treatment And Prevention Of Low Back Pain, 2e** By Carolyn Richardson PhD BPhy(Hons); Paul W. Hodges PhD MedDr DSc BPhy(Hons) FACP; Julie Hides PhD MPhtyST Bphty

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Carolyn Richardson, PhD, BPhy (Hons), Associate Professor and Reader, Department of Physiotherapy, University of Queensland, Australia; Paul Hodges, PhD, BPhy (Hons)

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control strategies of the lumbopelvic region (e.g. stabilization the use of exercise therapy for stabilization exercises (involving abdominal

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