

# Science, Theory and Clinical Application in Orthopaedic Manual Physical Therapy: Scientific Therapeutic Exercise Progressions (STEP)- The Back and Lower Extremity

Ola Grimsby, Jim Rivard



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Science, Theory and Clinical Application in Orthopaedic Manual Physical Therapy: Scientific Therapeutic Exercise Progressions (STEP)- The Back and Lower Extremity Ola Grimsby, Jim Rivard This long awaited textbook, and its companion texts, from The Ola Grimsby Institute provide decades of clinical experience and reasoning, with both historical and current evidence, with rationale for active treatments in orthopaedic manual therapy. Practical guidelines for exercise rehabilitation are presented with this logical and exciting work. Incorporating experience and science, this book provides new approaches and treatment principles to make what you already do more effective. Extensive Content: Over 388 pages and 725 illustrations, photographs and tables Ola Grimsby and his co-authors have compiled a significant resource for the practicing physical therapist and manual therapist. Ideal for both the classroom and clinic.

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