RÉFÉRENCES ET LECTURES ADDITIONNELLES

PRÉFACE

McGill, S.M. (2015) *Back mechanic: The step-by-step McGill method to fix back pain*. Backfitpro Inc. (www.backfitpro.com)

CHAPITRE 01 : INTRODUCTION AUX QUESTIONS ET À L'APPROCHE SCIENTIFIQUE

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CHAPITRE 02 : ÉTUDES ÉPIDÉMIOLOGIQUES ET CE QU'ELLES SIGNIFIENT VRAIMENT

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CHAPITRE 03 : ANATOMIE FONCTIONNELLE DU RACHIS LOMBAIRE

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CHAPITRE 04 : MÉCANIQUE NORMALE ET MÉCANISME DES BLESSURES DE LA COLONNE LOMBAIRE

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CHAPITRE 08 : CONSTRUIRE DE MEILLEURS PROGRAMMES DE RÉÉDUCATION POUR LES BLESSURES LOMBAIRES

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