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A stability programme which initially uses postural evaluation and muscle isolation but progresses to higher loading and technique specific movements has been described.<sup>7, 27</sup> This programme, termed integrated back stability (IBS), draws together procedures (pain relieving modalities,

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exercise therapy and functional rehabilitation) from a variety of professional cross-boundary sources. The programme aims to simplify stabilization training and is based on training methods used in both therapy ...

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use in developing effective back care programmes.

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Christopher M. Norris, PT, is a physiotherapist and director of Norris Associates, which operates two private clinics in the UK specialising in exercise therapy for back rehabilitation. Norris is also a consultant to several Blue Chip companies, providing on-site physiotherapy services, holistic therapy, training in ergonomics and training in ...

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An integrated model of care would see much closer working between pharmacy and general practice but also with pharmacists not only working with, but in the practice, in an enhanced patient-facing role, trained as independent prescribers. This has implications for the dynamics amongst professionals in this environment.

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