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Carolyn Richardson, PhD, BPTy Hons, Author Paul W. Hodges, PhD, MEDR, DSc, BPTy Hons, FACPT, Author Julie Hides, PhD, MPhTyst, BPTy

What is Lumbopelvic Stability?

If you feel that you have a protrusion down the middle of your abdomen when you cough, sneeze, or bear down, please consult a physical therapist to help with this. To treat this condition, stabilization exercises and possible splinting will help with this.

Stabilization exercises include the exercises described above.

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The Lumbopelvic Complex: Advances in Evaluation and Treatment
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