

cervical fusion post-surgical rehabilitation protocol - 2 goals - full aro c-spine - able to lift 20 lbs with ease months 3 - 6 weight training (ue & le) as tolerated - no overhead resistance exercises work hardening / mos specific exercises **trunk stabilization program disd - spine surgeon** - trunk stabilization page 5 of 20 performing the above quadruped exercises. the objective is to not allow the blade to move in either direction while still maintaining good, tight trunk control. **the importance of developing a primary core stability protocol** - the importance of developing a primary core stability protocol angela m. homan, spt duke university doctor of physical therapy intern sportsmedicine of atlanta **scapular kinematics: so how is the scapula supposed to move?** - scapular kinematics: so how is the scapula supposed to move? lori michener phd, atc, pt, scs department of physical therapy rm 100, west hospital

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