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An Integrated Approach to Regional Disorders

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AN INTEGRATED APPROACH TO REGIONAL DISORDERS**LEARNING OBJECTIVES****CLINICAL FRAMEWORK (CF)****CLINICAL CHALLENGES****SUMMARY****THE ART****TESTS****EXERCISES****“BEST PRACTICE” KEYS TO RECOVERY— THE 7 Rs****PRINCIPLES OF EVIDENCE-BASED NEUROMUSCULOSKELETAL CARE****CONCLUSION****An Integrated Approach to Regional Disorders****Learning Objectives***After reading this chapter you should be able to understand:*

- The process and clinical framework for active management of non-emergency neuromusculoskeletal conditions.
- How to identify and record relevant patient data on a patient profile.
- The process of linking clinical assessment, the proposed pain generator, the hypothesis of biomechanical overload, and active intervention to best address the patient's condition.
- The systematic continuum of care involving palliative, sparing, stabilizing, and progressing functional exercises.

Introduction

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