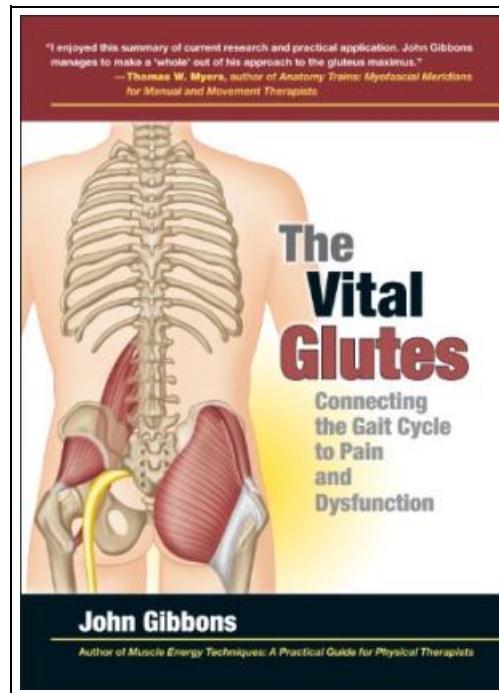


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Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction, John Gibbons, John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. The Vital Glutes takes you on a fascinating journey of enlightenment, teaching the reader to recognize pain and dysfunctional patterns that arise from the gluteal muscles. Questions answered in the book include: Why are the glutes potentially causing pain and dysfunction to distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal specific Muscle Energy Techniques aid full body wellbeing? This book also offers the reader step-by-step tasks to identify and correct a number of dysfunctional patterns, and functional gluteal exercises in order to aid recovery.



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