Module 6: Development of THEWS protocol

Read the paper given in order to answer the following questions.

Muscle control - Pain control. What exercises would you prescribe?
C.A Richardson, G.A Jull
*Manual Therapy (1995), 1, 2-10*

Questions:

- Considering the functional differences between the global and local muscles of the spine which type of muscle contraction is needed in re-education of the local system? Please justify your answer.
- According to the specific functional demands of the spine which type of exercise is indicated as most beneficial for re-educating the stabilizing role of the deep local muscles of the lumbar spine? Please justify your answer.

Module 7: Application of THEWS protocol to office employees

Based on your answer above and considering the paper given describe 2 exercises for re-educating the stabilizing role of the deep local muscles of both cervical and thoracic spine.

Suggested article:

**Neck pain and office workers. An exercise program for the workplace.**
A.Beneka, P.Malliou, A.Gioftsidou