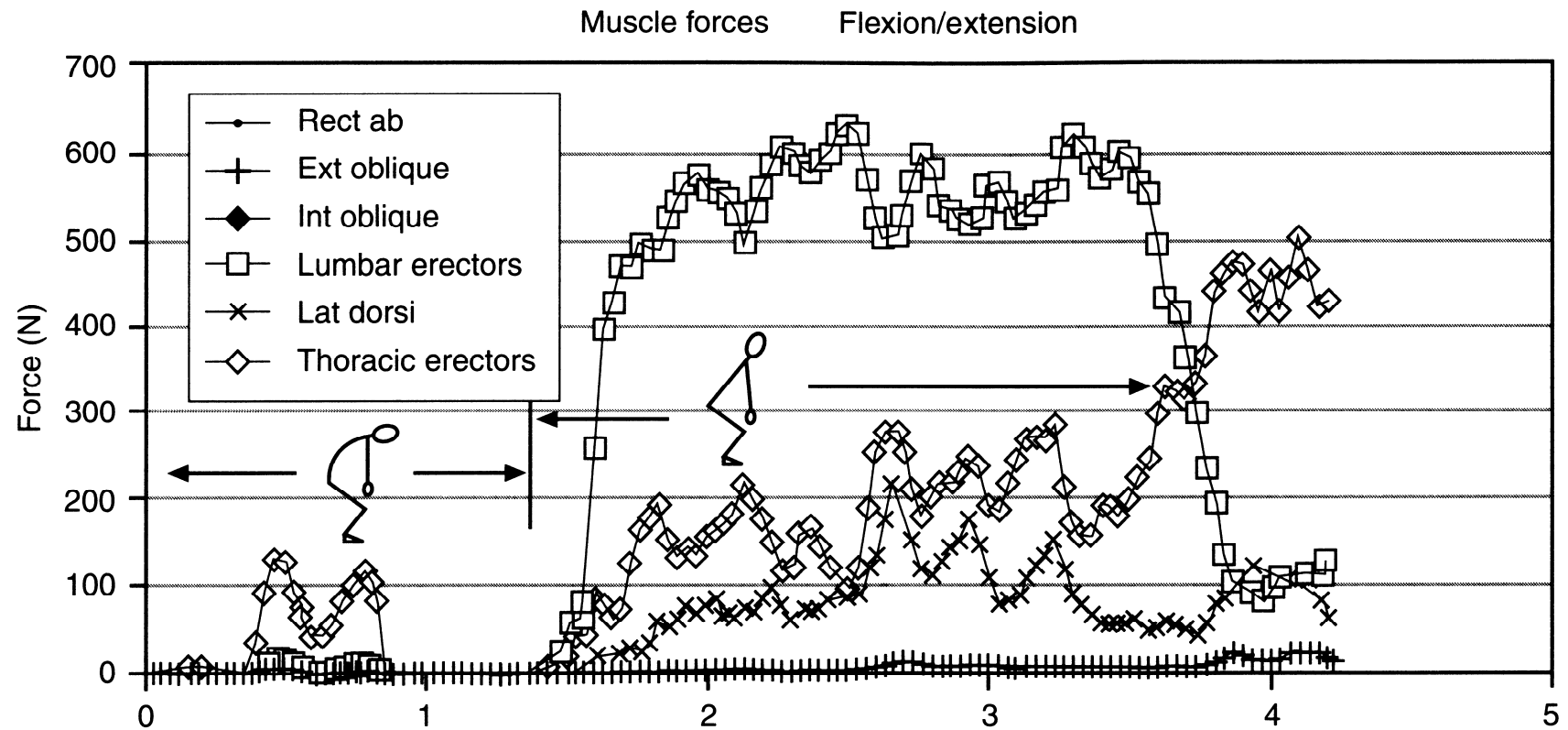


Imagen extraída de: McGill, S.M. (2002). *Low back disorders. Evidence-Based prevention and rehabilitation*. Champaign: Human Kinetics.



c