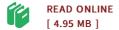


The Aging Spine Disorders of the Lumbar Spine

By Martha White

iUniverse, Inc. Paperback. Condition: New. 100 pages. Dimensions: 8.8in. x 5.9in. x 0.3in.In The Aging Spine, White combines the expertise in aquatic and occupational therapy with the latest in scientific data. The result is a well-researched and comprehensive guide in the management of back pain. In a conversational and educational tone, the author employs graphs, illustrations and pictures to walk the individual through a progressive water exercise program. In outlining various causes of lower-back pain, White gives the reader the tools to get their life back on track. This practical guide is a well-written must read for anyone suffering with back pain. Exercise helps prolong life, prevent diabetes, heart disease, and ease the pain of arthritis. Aqua-therapy is my preference for exercise for pain relief from degenerative arthritic changes. Sandra Sessoms, M. D. , Arthritis InstituteBaylor College of Medicine, Houston, TXThis is a must read for those of us who have experienced back pain and for those of us who want to prevent it. John D. West, P. T. , OwnerRehab Services, Houston, TXWow! Great presentation of material!Megan Vaughn, P. T. Instructor, IAOM This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

Complete information for publication fans. Better then never, though i am quite late in start reading this one. Its been written in an extremely straightforward way in fact it is just soon after i finished reading this ebook in which basically altered me, change the way i believe. -- Ellie Stark

Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.

-- Dameon Hettinger