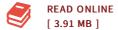


The Aging Spine Disorders of the Lumbar Spine

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.



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