



The Aging Spine: Water Exercise Treatment Principles

By Martha White

iUniverse, United States, 2004. Paperback. Book Condition: New. 223 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.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 Institute Baylor College of Medicine, Houston, TX This 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., Owner Rehab Services, Houston, TX Wow! Great presentation of material! Megan Vaughn, P.T. Instructor, IAOM.

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