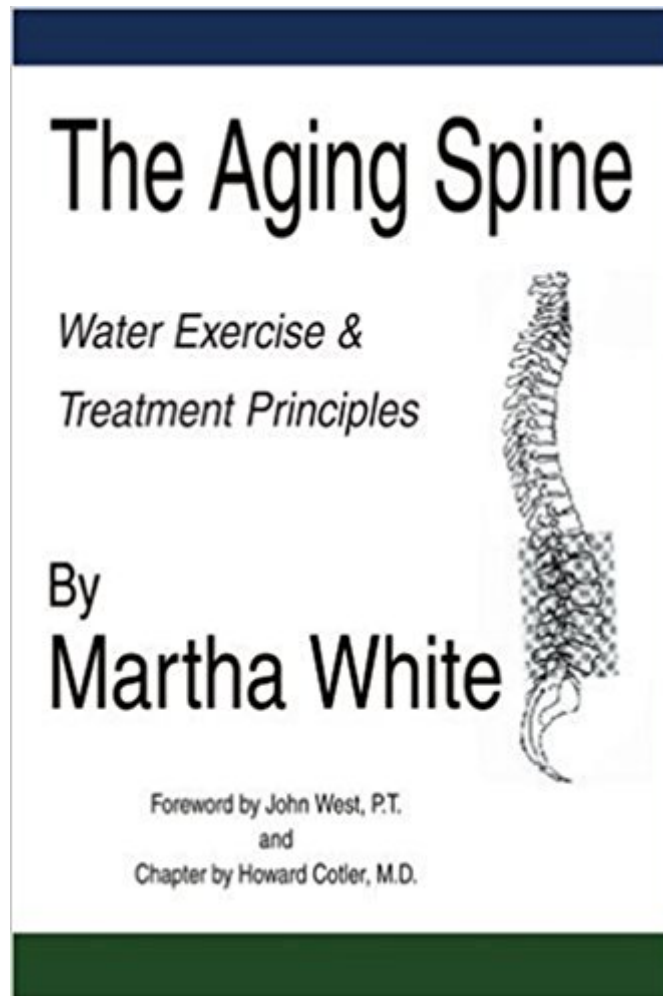




The book was found

The Aging Spine: Disorders Of The Lumbar Spine



Synopsis

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

Book Information

Paperback: 100 pages

Publisher: iUniverse, Inc. (September 29, 2004)

Language: English

ISBN-10: 0595328873

ISBN-13: 978-0595328871

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,080,604 in Books (See Top 100 in Books) #122 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #233 in [Books > Medical Books > Allied Health Professions > Chiropractic](#) #494 in [Books > Medical Books > Medicine > Surgery > Orthopedics](#)

Customer Reviews

Martha White, licensed Occupational Therapist, is a graduate of the University of Texas School of Allied Health in Galveston, Texas, a member of the North American Spine Society, the International Academy of Orthopedic Medicine, and a certified Personal Trainer by the NCSA. Her first book is *Water Exercise* (Human Kinetics, 1995).

This book is full of excellent info on all kinds of back pain. The author obviously did her homework and references the material throughout the book. Good illustrations help the reader better understand some of the anatomy..good tips on daily activities like driving,too! The section on water therapy exercises is good and the pics that are included are very helpful..excellent read and reference book for anybody that has back pain.

[Download to continue reading...](#)

The Aging Spine: Disorders of the Lumbar Spine Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Clinical and Radiological Anatomy of the Lumbar Spine, 5e Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Herniated Disc: A Survival Guide: Everything you need to know to manage your lumbar disc herniation without surgery Ageless Spine, Lasting Health: The Open Secret to Pain-Free Living and Comfortable Aging Disorders of the Pediatric Spine Anatomical Chart Company's Illustrated Pocket Anatomy: The Vertebral Column & Spine Disorders Study Guide Clinical Reasoning in Spine Pain. Volume I: Primary Management of Low Back Disorders Using the CRISP Protocols (Volume 1) The Encyclopedia of the Back and Spine Systems and Disorders (Facts on File Library of Health & Living) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Take on Aging as a Sport: The Athletic Approach to Aging The Merck Manual of Health & Aging: The comprehensive guide to the changes and challenges of aging-for older adults and those who care for and about them Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives [AGING W/GRACE] Pressure Ulcers in the Aging Population: A Guide for Clinicians (Aging Medicine) Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Global Aging Issues and Policies: Understanding the Importance of Comprehending and Studying the Aging Process Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Global Aging: Comparative Perspectives on Aging and the Life Course

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help