



DOWNLOAD



## Pilates for Fragile Backs: Recovering Strength Flexibility After Surgery, Injury, or Other Back Problems

By Andra Fischgrund Stanton

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 10.0in. x 7.0in. x 0.5in. Safe Techniques to Reduce Pain, Build Strength, and Speed Recovery. Studies suggest that proactive strengthening and flexibility-recovery exercises can speed healing after spine surgery. Whether you're preparing for or recovering from spinal surgery, recuperating from a back injury, or just dealing with a back that has issues, this book offers an effective program to help you manage pain and regain strength and mobility. These exercises modify traditional Pilates routines to accommodate partially immobilized spines, making this routine safe and effective therapy for your fragile back. The exercises are designed to not compromise a spinal fusion. Instead, they will do what Pilates exercises do best—stretch, strengthen, and tone the trunk with precise positioning and movement, while avoiding potentially dangerous repetition and overexertion. Pilates for Fragile Backs is an excellent program for people who have had spinal fusion. The simple but effective Pilates-based exercises will help tremendously in reducing pain and restoring mobility. —Vijay Vad, MD, assistant professor of rehabilitation medicine at the Weill Medical College of Cornell University and author of Back Rx and Arthritis Rx. Adhering to a program of Pilates, as described in Pilates for Fragile...



READ ONLINE

### Reviews

*This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.*

-- **Aglæ Becker**

*This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.*

-- **Ward Morar**

## Relevant Books



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



### **Get Up and Go**

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in. We all come in different shapes and sizes, and it doesn't matter if you are tall, short, skinny, or round. Your body is your own, and you need to...



### **Scholastic Discover More Penguins**

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. PENGUINS unlocks a free 48-page...



### **DK Readers The Story of Muhammad Ali Level 4 Proficient Readers**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.7in. x 6.5in. x 0.2in. Written by leading children's authors and compiled by leading experts in the field, DK Readers are one of the most delightful ways to capture children's interest and help...



### **At-Home Tutor Math, Prekindergarten**

Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.6in. x 8.2in. x 0.2in. Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home. The colorful and engaging activities motivate children...



### **At-Home Tutor Language, Grade 2**

Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.7in. x 8.2in. x 0.3in. Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home. The colorful and engaging activities motivate children...