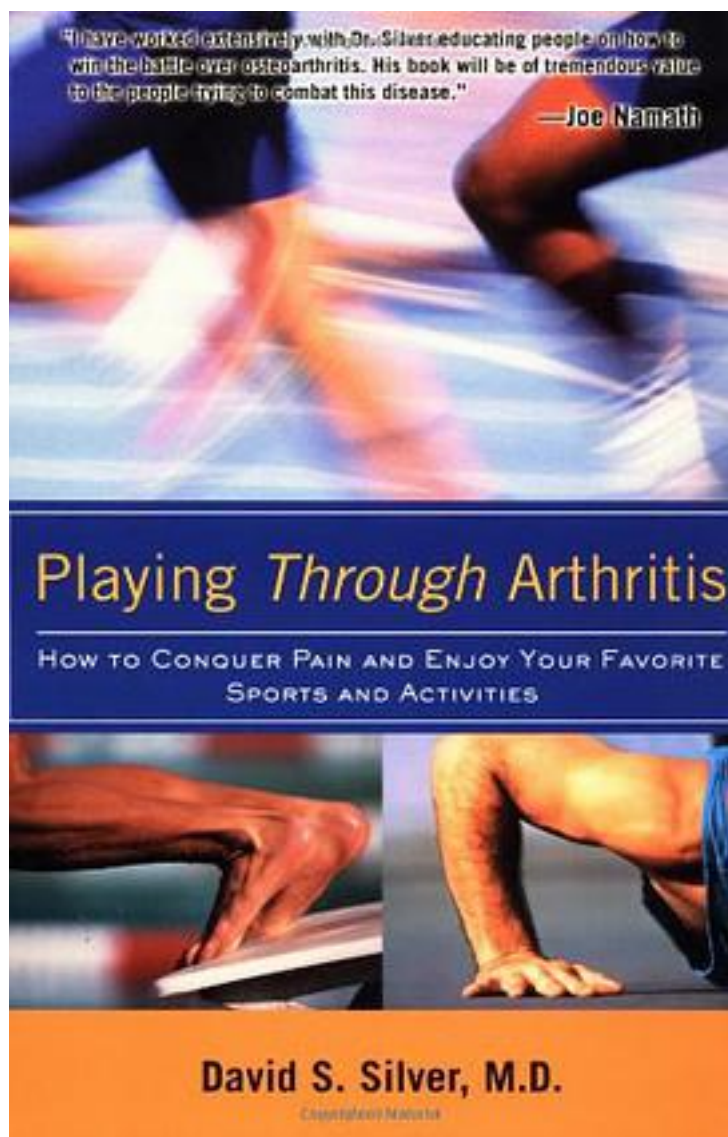


# Playing Through Arthritis



[Playing Through Arthritis 下载链接1](#)

著者:Silver, David S.

出版者:

出版时间:2003-2

装帧:

isbn:9780071402248

"I have worked extensively with Dr. Silver educating people on how to win the battle over osteoarthritis. His book will be of tremendous value to the people trying to combat this disease." - Joe Namath. This book provides expert advice from the arthritis specialist who keeps athletes in the game and at their best. For every active person sidelined by the pain of arthritis, whether a would-be weekend softball champion or potential marathon runner, rheumatologist, Dr. David Silver offers a game plan for getting back in the action. Dr. Silver is the clinical chief of rheumatology at Cedars Sinai Medical Center and consultant to a roster of celebrities and athletes. Dr. Silver has developed a pain reduction program specifically designed for active people. In "Playing Through Arthritis", he shares his plan for maintaining an athletic lifestyle by combining exercise, nutrition, the latest medications, and the best alternative therapies. Key features include: unique focus on those among the 43 million arthritis sufferers who are physically active; targeted exercises to dramatically lessen pain and stiffness in specific joints; and expert medical advice on nutrition, medications, and alternative therapies.

作者介绍:

目录:

[Playing Through Arthritis\\_ 下载链接1](#)

标签

评论

-----  
[Playing Through Arthritis\\_ 下载链接1](#)

书评

-----  
[Playing Through Arthritis\\_下载链接1\\_](#)