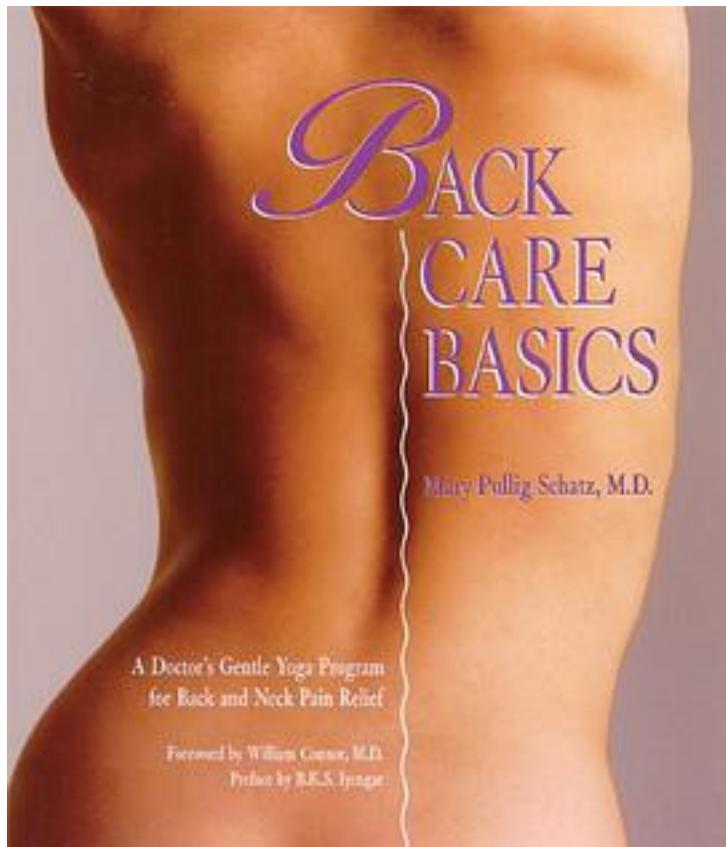


# Back Care Basics



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著者:Mary Pullig Schatz

出版者:Transition Vendor

出版时间:1992-5

装帧:Pap

isbn:9780962713828

Back Care Basics offers the low-cost solution for back care in the new millenium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and without drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and

scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.

作者介绍:

目录:

[Back Care Basics\\_ 下载链接1](#)

**标签**

运动

英语

**评论**

脊椎保养与复健。一直在读 时时复习。汪完全不会瑜伽 更不会尝试有风险的动作  
但这个医生写的program一丝不苟地按流程照着做 比较安全  
因为他会先教怎么了解自己的身体与疼痛类型。强烈推荐 NB  
1有放射性神经疼痛的要始终小心 2有骨头问题的一定要先摸清自己的情况

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**书评**

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