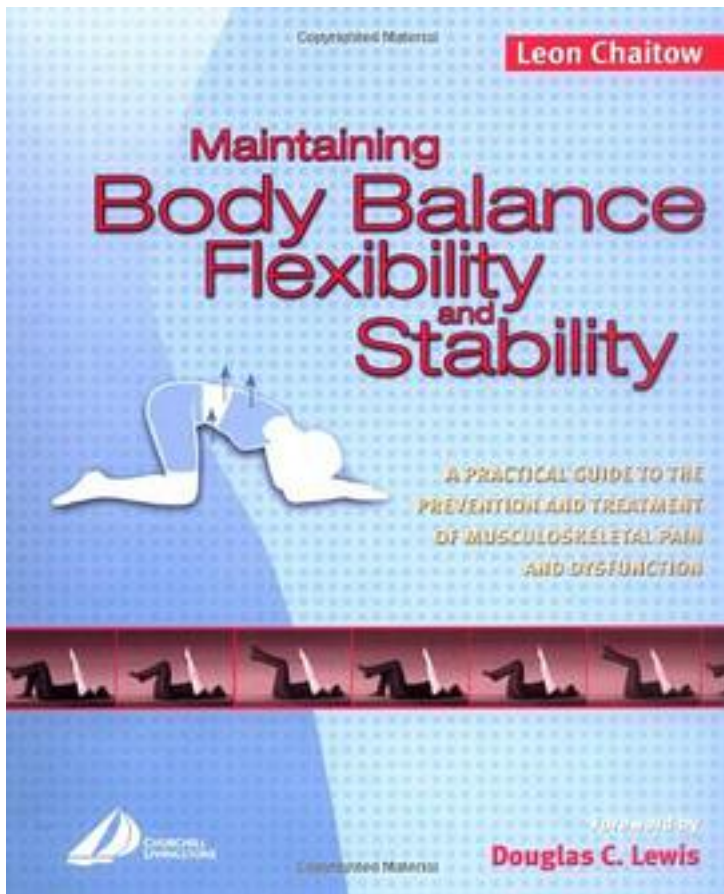


# Maintaining Body Balance, Flexibility and Stability



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著者:Chaitow, Leon

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This title offers a collection of tried and tested, effective and safe techniques and exercises for relaxing muscles in spasm and easing associated muscular pain. All the exercises included can be done at home without assistance from anyone else. All are suitable for inclusion in a management programme under the direction of any

therapist involved in the treatment of musculoskeletal disorders. They can be used to treat existing conditions or to prevent more major injury (especially in relation to sports). It is aimed at the therapist who want to involve their client in the self-management of their own treatment. Designed and priced to be affordable and accessible to patients, this is a book which the therapist can also safely recommend to their patients to buy and use themselves.

作者介绍:

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