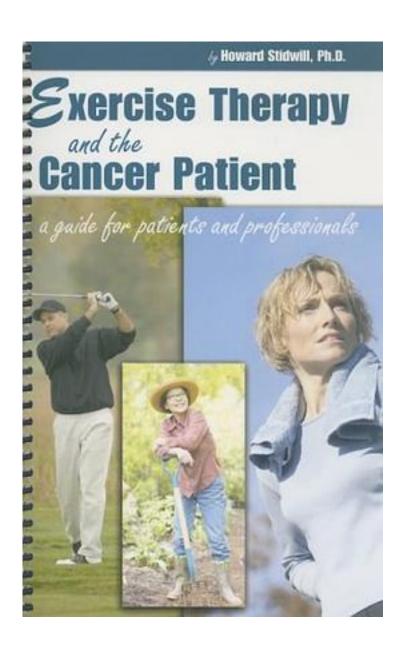
Exercise Therapy and the Cancer Patient



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出版者:Sourcebooks Inc

出版时间:2006-1

装帧:Pap

isbn:9781932783711

This guide will help patients, regardless of their type of cancer, regain lost physical and psychological functions. Conditions such as fatigue, loss of strength, and depression are all too common with many cancers. Indeed, it is often not he cancer itself but the treatment and the inactivity that follow, that affect the afflicted individual. Doctor Stidwill's latest book is written to be understood and applied by both medical professionals and cancer survivors alike. After 12 years of working with cancer patients, Stidwill offers sound advice and sample exercises in an easy to implement format, including an ?Exercise Prescription? for specific cancers.

作者介绍:
目录:
Exercise Therapy and the Cancer Patient_下载链接1_
标签
评论
 Exercise Therapy and the Cancer Patient_下载链接1_
书 评
 Exercise Therapy and the Cancer Patient_下载链接1_