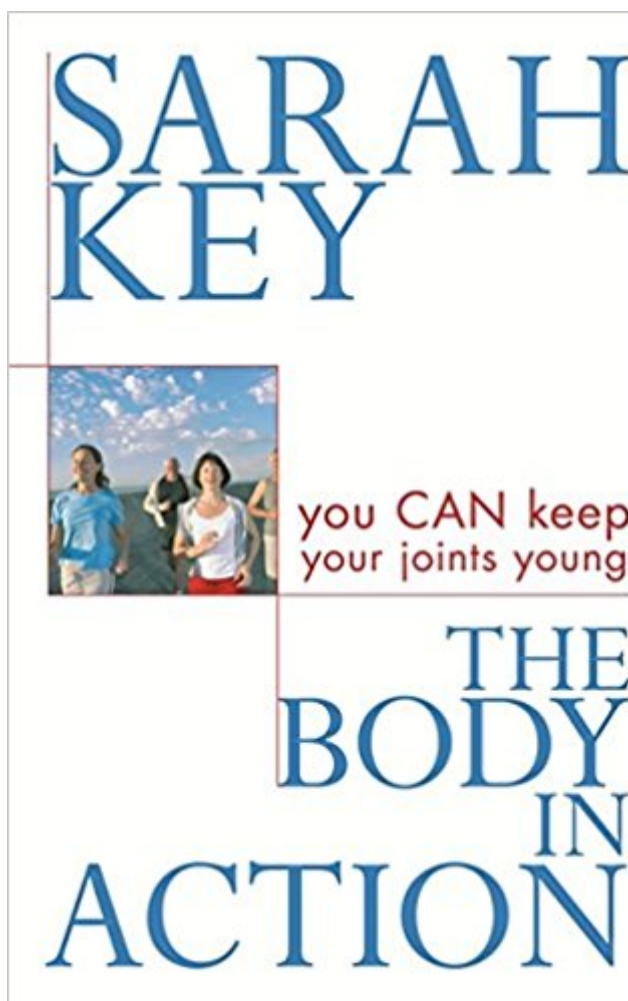


The book was found

The Body In Action: You Can Keep Your Joints Young



Synopsis

For those who suffer from aches, pains, and creaky joints, this handy reference shows how to keep the body's skeleton young and healthy. Including a series of stretches, this guide explores how muscles, joints, and bones work, how and why they wear and tear, and how to combat stiffness and pain. Treatments focus on the lower back, thoracic spine, neck, shoulders, elbows, wrists, hips, knees, ankles, and feet. Further advice teaches the warning signs of imminent joint problems, immediate action necessary for restoring mobility, and how to break the bad habits of a sedentary lifestyle. Extensive diagrams of the body and how-to illustrations of exercises encourage patients to actively manage their pain. A daily 30-minute strengthening regime is also outlined for continued movement and flexibility.

Book Information

Paperback: 248 pages

Publisher: Allen & Unwin (May 28, 2007)

Language: English

ISBN-10: 1741141184

ISBN-13: 978-1741141184

Product Dimensions: 9 x 0.6 x 6 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 15 customer reviews

Best Sellers Rank: #623,718 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #247 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

"Useful and practical" You Magazine --This text refers to an out of print or unavailable edition of this title.

Sarah Key is the author of *Back in Action* and *Back Sufferer's Bible*. She is the official physiotherapist to Britain's Royal Family, for which she was made a Member of the Victorian Order in 2001. Her private practice treats back-pain sufferers and trains medical professionals in back care.

I follow this womens guide for back pain, degenerative disc and it has changed my life. I am back to

having activities I had lost.

A must have for reference in strengthening an injured back. Author is highly knowledgeable and reveals an impressive array of exercises I have found indispensable for my 63 year old body. I can almost touch my toes after 2 months of these exercises, something I've not been able to do for 35 years! Back pain is a thing of the past. Unbelievable.

good self maintenance for joints in all areas of the body

A fantasticly great book, even my Physio wife learned things and reads and re-reads it

SHE ,SARAH KEYS IS ONE OF THE BEST PEOPLE IN HER FIELD, WELL WORTH READING, AND MOST IMPORTANT IS THE CLARITY IN HER EXPLANATIONS.

This is a great book and well worth reading and implementing the stretches it describes. I've been using it while teaching my boy scout troop about stretches they can implement as part of their Personal Fitness merit badge. I'm amazed at how little flexibility young teenagers have, but the stretches we learned in the book are helping all of them become more flexible.

Fantastic and informational book all about your back -- the what, the why and the how. Actually all of her great books are filled with important information.

Am a massage therapist and learning even more about the joints and bone structure. It has started to help me have a greater conceptual concept of this body system and what I can do to keep it flexible and healthy.

[Download to continue reading...](#)

The Body in Action: You Can Keep Your Joints Young How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How

to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) The Law of Rewards: Giving What You Can't Keep to Gain What You Can't Lose You Can Forex Day Trading: Simple Candlestick Price Action Trading (Forex You Can Win Trade Book 2) Keep Your Love On - KYLO Study Guide (Keep Your Love on Study Series) Can You Keep Your Faith in College?: Students from 50 Campuses Tell You How - and Why Spy Secrets That Can Save Your Life: A Former CIA Officer Reveals Safety and Survival Techniques to Keep You and Your Family Protected Your Aging Body Can Talk: Using Muscle -Testing to Learn What Your Body Knows and Needs After 50 Improving Your Body Image Through Catholic Teaching: How Theology of the Body And Other Church Writings Can Transform Your Life. The Lean Muscle Diet: A Customized Nutrition and Workout Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life! Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) The Alzheimer's Action Plan: What You Need to Know--and What You Can Do--about Memory Problems, from Prevention to Early Intervention and Care Keep Talking Italian Audio Course - Ten Days to Confidence: Advanced beginner's guide to speaking and understanding with confidence (Teach Yourself: Keep Talking) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) Your Body, Your Style: Simple Tips on Dressing to Flatter Your Body Type

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)