

The Aging Spine: Disorders of the Lumbar Spine

Martha White

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The Aging Spine

*Water Exercise &
Treatment Principles*

By
Martha White



Foreword by John West, P.T.
and
Chapter by Howard Cotler, M.D.

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Martha White : The Aging Spine: Disorders of the Lumbar Spine before purchasing it in order to gage whether or not it would be worth my time, and all praised The Aging Spine: Disorders of the Lumbar Spine:

4 of 4 people found the following review helpful. relevant and concise By M. White This book is full of excellent info on all kinds of back pain. THE author obviously did her homework and references the material throughout the book. Good illustrations help the reader better understand some of the anatomy..good tips on daily activites like driving,too! The section on water therapy exercises is good and the pics that are included are very helpful..excellent read and

reference book for anybody that has back pain.

In *The Aging Spine*, White combines the expertise in aquatic and occupational therapy with the latest in scientific data. The result is a well-researched and comprehensive guide in the management of back pain. In a conversational and educational tone, the author employs graphs, illustrations and pictures to walk the individual through a progressive water exercise program. In outlining various causes of lower-back pain, White gives the reader the tools to get their life back on track. This practical guide is a well-written "must read" for anyone suffering with back pain. "Exercise helps prolong life, prevent diabetes, heart disease, and ease the pain of arthritis. Aqua-therapy is my preference for exercise for pain relief from degenerative arthritic changes." Sandra Sessoms, M.D., Arthritis Institute Baylor College of Medicine, Houston, TX "This is a must read for those of us who have experienced back pain and for those of us who want to prevent it." John D. West, P.T., Owner Rehab Services, Houston, TX "Wow! Great presentation of material!" Megan Vaughn, P.T. Instructor, IAOM

About the Author Martha White, licensed Occupational Therapist, is a graduate of the University of Texas School of Allied Health in Galveston, Texas, a member of the North American Spine Society, the International Academy of Orthopedic Medicine, and a certified Personal Trainer by the NCSA. Her first book is *Water Exercise (Human Kinetics, 1995)*.