



The Body in Action: You Can Keep Your Joints Young

Sarah Key

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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.

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