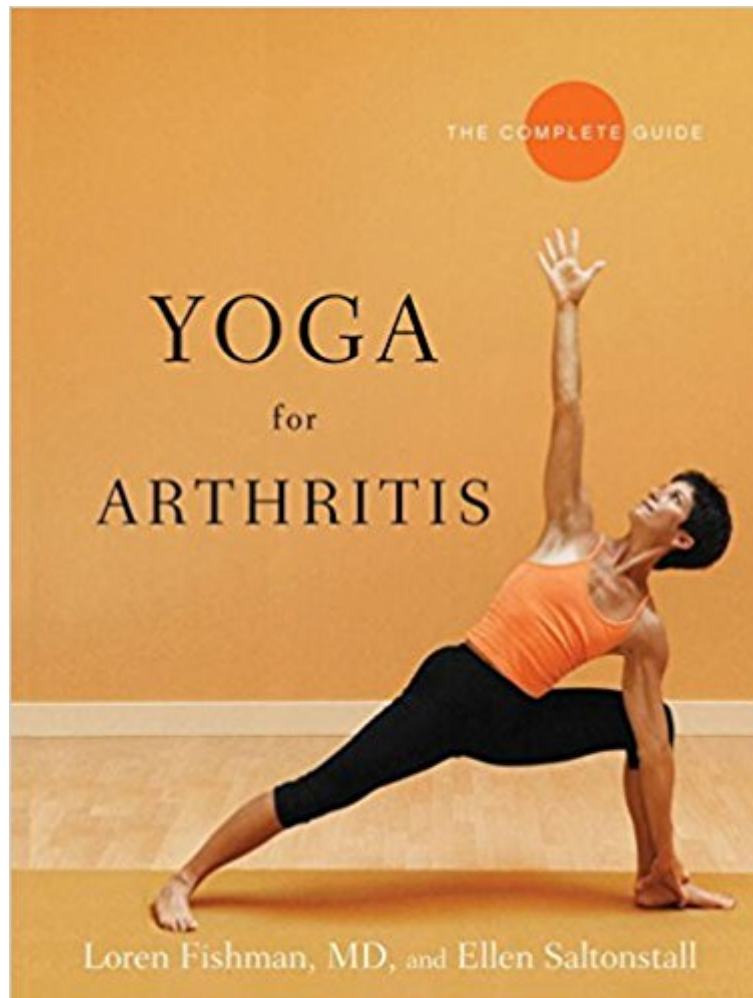




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Yoga For Arthritis: The Complete Guide



Synopsis

A comprehensive, user-friendly medical yoga program designed for management and prevention of arthritis. Arthritis restricts movement; yoga increases range of motion: these two were made for each other. Arthritis is the leading cause of disability in this country, limiting everyday activities for more than seven million Americans. Drugs, surgeries, and steroids can alleviate some of the discomforts, but study after study has shown that exercise is most beneficial to most forms of arthritis, specifically low-impact, flexibility-enhancing exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand arthritis and give a spectrum of exercises for beginners and experts. Broken down into chapters focusing on each major joint, there are 100 classical yoga poses and numerous imaginative and physiologically sound adapted poses, all with step-by-step instructions and easy-to-follow photo demonstrations. The authors welcome readers into the philosophy and principles of yoga and show how to use yoga to find lasting relief from arthritis. 400+ illustrations

Book Information

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Customer Reviews

Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City. Ellen Saltonstall is a certified Anusara Yoga instructor and licensed massage therapist who lives in New York City.

After a recent broken leg and six weeks jumping up and down stairs, I had terrible arthritis in my hips. This book fixed that in about a week. That's right: in about a week. One week-no more pain. Loren Fishman is a modern marvel; a medical doctor who has studied yoga in depth. This is serious expertise. This is legitimate wisdom.

I have recommended this book to *many* people! Dr. Loren Fishman is an M.D. and an Iyengar-trained yoga teacher, as well as the managing partner of Manhattan Physical Medicine and Rehabilitation. Ellen Saltonstall is an author, a yoga therapist, a licensed massage therapist, a senior certified Anusara yoga teacher and she holds a masters degree in the field of therapeutic movement education. These two have studied yoga and the body... a *lot*! This book has step-by-step yoga poses, photographs (black&white), tables ("for the aid of therapists"), and lots of explanations of how things work and why things work regarding arthritis and yoga. I originally bought this book to use it to teach yoga to my 80-year-old (but very healthy) Dad. LOADS of tremendous help, tips, suggestions and alternatives. There's even a chapter on scoliosis, and how to make it better. I will continue to recommend this book to anyone I think would find it useful.

I got this book from the library. Almost didn't check it out because I just didn't take it very seriously. Sure am glad I did get it. I'll be buying my own copy now. There are so many instructions with each pose that it is a little difficult to do the pose correctly and keep looking at the book, but with practice I'll improve. I would suggest if any subsequent versions are printed that they be spiral bound so the book can lay open flat. Some poses are too difficult or inversions which I just don't do. Wish there had been more stretches for the feet and ankles. It was mostly hips and legs, which I understand is important, but I also would have been interested in more actual foot work. But it's a good book and very helpful.

A great book. I have arthritis in one shoulder that allows for NO movement of the joint. I can now do everything I could before by using that other set of muscles.

I love anything Loren Fishman.

Great book!

best book around, even if you don't have arthritis and just have aches and pains

good pictures

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