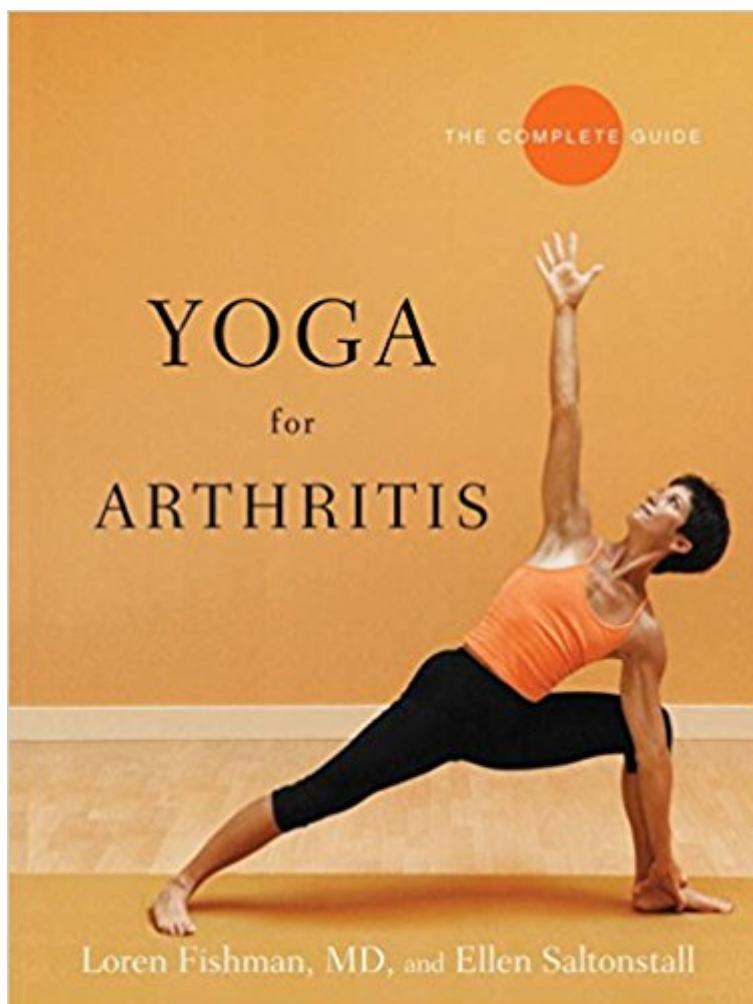


The book was found

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

Paperback: 336 pages

Publisher: W. W. Norton & Company; 2/16/08 edition (March 17, 2008)

Language: English

ISBN-10: 0393330583

ISBN-13: 978-0393330588

Product Dimensions: 7 x 0.9 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 77 customer reviews

Best Sellers Rank: #49,442 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #98 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #143 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

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

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

Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis Arthritis Reversed: Groundbreaking 30-Day Arthritis Relief Action Plan The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga for Arthritis: The Complete Guide Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los ninos mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)