



## Osteopilates: Increase Bone Density Reduce Fracture Risk Look and Feel Great (Paperback)

By Karen Lineback

Career Press, United States, 2005. Paperback. Book Condition: New. Original. 274 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Approximately 20 million Americans have low bone density, which is responsible for over 1.5 million fractures, annually costing our nation \$38 million a day. When dealing with osteoporosis, are fractures inevitable? Is osteoporosis a sentence for pain, disfigurement, and life in a nursing home? Karena Lineback, a Pilates post-rehabilitation specialist, personal trainer, and Pilates studio owner, has noticed that when beginning an exercise program, not one of her osteoporotic clients has been familiar with the safe movement and exercise guidelines from the National Institute of Health (NIH) for osteoporosis. Could the fracture rate decline significantly if all patients had this information? OsteoPilates presents this vital information in a clear, concise format readily applicable to most exercise and everyday situations. The three-level Pilates program for osteoporosis has been modified using these safe movement guidelines. OsteoPilates commits an entire chapter to explaining safety guidelines and how to apply them to all activities, not just exercise. There are illustrations and descriptions, of how to safely perform numerous everyday tasks such as carrying groceries, lying down in bed, and tying one s...



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