

Leggere In Palestra Con L'artrosi Ebook Gratuito PDF/EPUB/mobi - Marco Lanzetta



leggere In palestra con l'artrosi Ebook gratuito PDF/EPUB/mobi Marco Lanzetta , Movimento, attività fisica, ginnastica e sport sono tra le più importanti scelte per contrastare la malattia del secolo: l'artrosi. Chi soffre di artrosi deve muoversi, non stare fermo. In uno stile semplice e diretto, il libro illustra come impostare un piano di movimento composto da ginnastica individuale, fisioterapia e attività sportiva secondo le esigenze di ciascuno. A seconda della gravità della malattia, della localizzazione anatomica e delle caratteristiche del paziente vengono proposti degli schemi specifici che comprendono un lavoro da effettuare al proprio domicilio o in palestra, un consiglio sull'attività sportiva migliore e un piano di esercizi da concordare con il proprio fisioterapista.

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