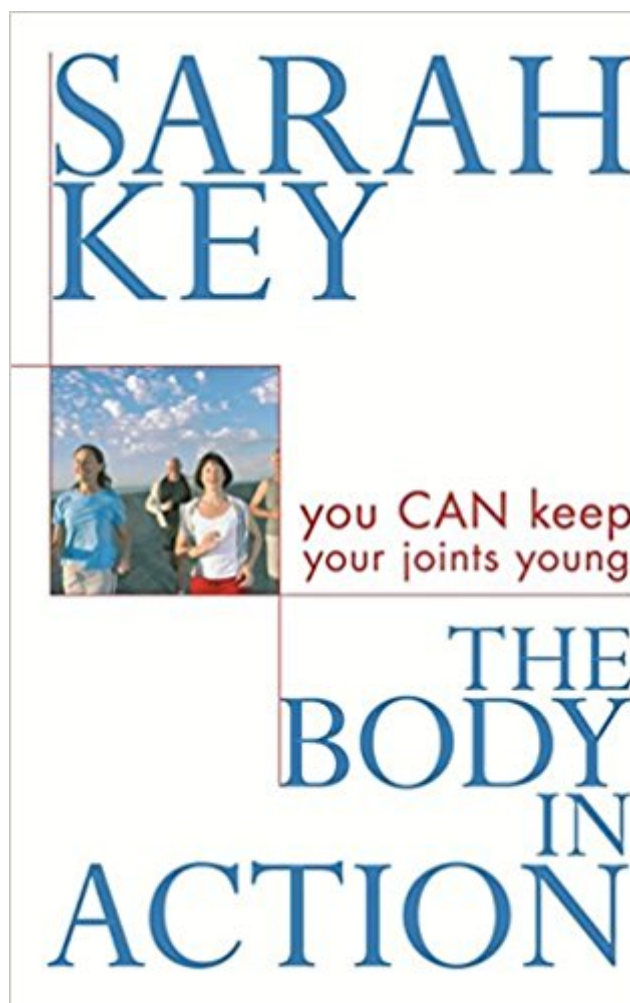


The book was found

# The Body In Action: You Can Keep Your Joints Young



## Synopsis

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.

## Book Information

Paperback: 248 pages

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Average Customer Review: 4.7 out of 5 stars 15 customer reviews

Best Sellers Rank: #623,718 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #247 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## Customer Reviews

"Useful and practical" You Magazine --This text refers to an out of print or unavailable edition of this title.

Sarah Key is the author of *Back in Action* and *Back Sufferer's Bible*. She is the official physiotherapist to Britain's Royal Family, for which she was made a Member of the Victorian Order in 2001. Her private practice treats back-pain sufferers and trains medical professionals in back care.

I follow this womens guide for back pain, degenerative disc and it has changed my life. I am back to

having activities I had lost.

A must have for reference in strengthening an injured back. Author is highly knowledgeable and reveals an impressive array of exercises I have found indispensable for my 63 year old body. I can almost touch my toes after 2 months of these exercises, something I've not been able to do for 35 years! Back pain is a thing of the past. Unbelievable.

good self maintenance for joints in all areas of the body

A fantastically great book, even my Physio wife learned things and reads and re-reads it

SHE ,SARAH KEYS IS ONE OF THE BEST PEOPLE IN HER FIELD, WELL WORTH READING, AND MOST IMPORTANT IS THE CLARITY IN HER EXPLANATIONS.

This is a great book and well worth reading and implementing the stretches it describes. I've been using it while teaching my boy scout troop about stretches they can implement as part of their Personal Fitness merit badge. I'm amazed at how little flexibility young teenagers have, but the stretches we learned in the book are helping all of them become more flexible.

Fantastic and informational book all about your back -- the what, the why and the how. Actually all of her great books are filled with important information.

Am a massage therapist and learning even more about the joints and bone structure. It has started to help me have a greater conceptual concept of this body system and what I can do to keep it flexible and healthy.

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