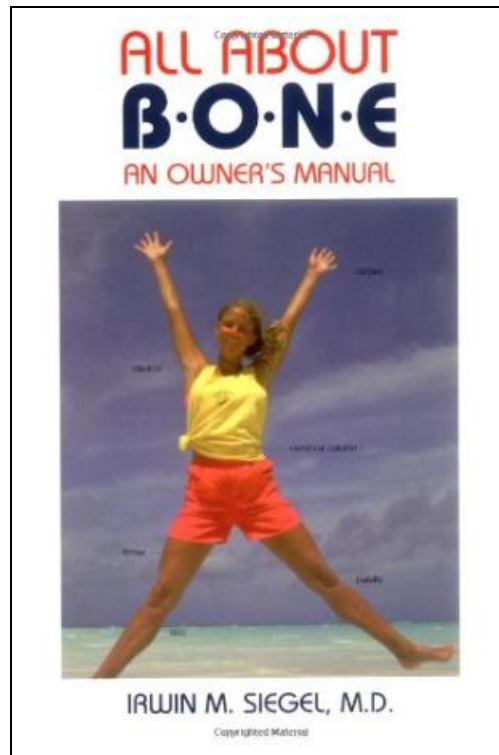


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(Marlin Bergstrom)*

ALL ABOUT BONE: AN OWNER S MANUAL



Demos Medical Publishing, United States, 1998. Paperback. Book Condition: New. 229 x 154 mm. Language: English . Brand New Book. Bone is one of the most interesting and unique tissues of the human body. All About Bone: An Owner s Manual tells the intelligent lay reader everything that he or she might want to know about the musculoskeletal system. Chapters cover such diverse topics as Osteoporosis, Arthritis, fractures, soft tissue injuries, sports medicine, posture, Scoliosis, problems of the low back and neck, the knee, the foot and the hand. There are lists and tables of instructional material and the text is illustrated with diagrams. A handy glossary is appended. State-of-the-art diagnostic and treatment methods are described in simple terms. Most chapters end with answers to commonly asked questions. This book was written in response to the many questions patients have asked Dr Siegel about bone during the course of his orthopedic practice. Some people wanted to know about a specific disease of bone or joint, such as Osteoporosis or Arthritis. Others asked about injuries, such as fractures or sprains. Still others were curious about how bones metabolise, grow or mend. This very practical book reviews such subjects as exercise, back and neck care, athletic injuries, foot care, fractures, posture and much more. It will teach you how to keep your bones and joints healthy and functioning at top form. All About Bone is a comfortable exposition of everything the reader might want to know or need to know about this most important part of your body. All About Bone provides under a single cover an easily read and understood collation of material available from numerous books, articles and other reference sources.



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