



Postrehabilitation Manual Musculoskeletal Injuries: Home Stretching & Strengthening Exercise Programs- For Back, Knee, Neck, Shoulder & Lower Extremity Stretches

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This book describes a wide range of the latest text and current stretches and exercises that can be tailored to almost any condition. The exercises are illustrated and described clearly. The goal of this book, as with any approach to human health, is to promote a balance between the external environment and the internal body. Life is an interaction between mind, body, and soul that is shaped and influenced by job, family, and lifestyle. The latter has been sadly influenced to a large degree by television, time restraints, and commodities designed for a fast-paced existence. Postural imbalances are usually the rule rather than the exception for almost every type of employment. Although there is no short cut to health, very little time is required to maintain long term and cumulative gains. Engaging in a simple stretching and strengthening program can add up to years of energy, relaxation, and improved health. This book can get you started on this path.

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