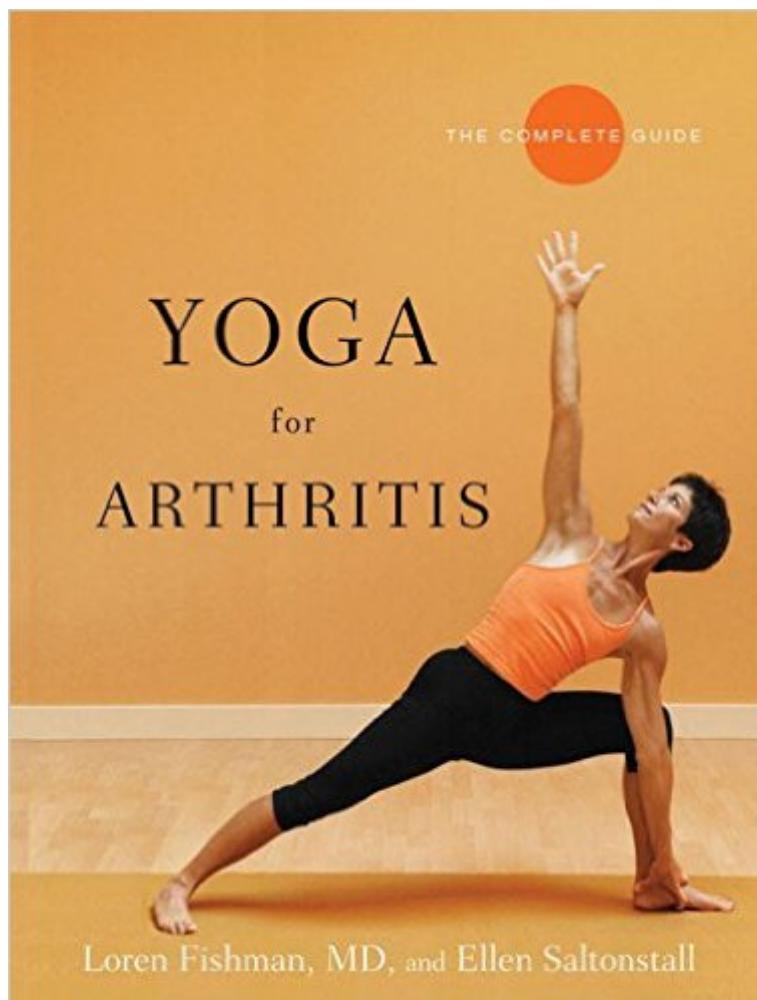


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# **Yoga For Arthritis: The Complete Guide**



## Synopsis

A comprehensive, user-friendly medical yoga program designed for management and prevention of arthritis. Arthritis restricts movement; yoga increases range of motion: these two were made for each other. Arthritis is the leading cause of disability in this country, limiting everyday activities for more than seven million Americans. Drugs, surgeries, and steroids can alleviate some of the discomforts, but study after study has shown that exercise is most beneficial to most forms of arthritis, specifically low-impact, flexibility-enhancing exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand arthritis and give a spectrum of exercises for beginners and experts. Broken down into chapters focusing on each major joint, there are 100 classical yoga poses and numerous imaginative and physiologically sound adapted poses, all with step-by-step instructions and easy-to-follow photo demonstrations. The authors welcome readers into the philosophy and principles of yoga and show how to use yoga to find lasting relief from arthritis. 400+ illustrations

## Book Information

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## Customer Reviews

Get this book if you have arthritis, would like to try some exercise for it, and like yoga. Well, even if you don't like yoga, there are a lot of reasons to try it—such as it's safe and gentle, and you can do it in the privacy of your own home. A few of the things I liked best...the book is about yoga for people with "arthritis"—whether you have rheumatoid arthritis, osteoarthritis, or even a form of arthritis known

as ankylosing spondylitis. This is what makes this book so good- it works for all the different types.-the book is written in layman's terms. The book does go into some technical explanations about what arthritis is and explains how the joints work at the beginning of each chapter- but not to worry, its all very understandable-the book's about an inch thick which is mainly because of its numerous pictures of all the exercises- which is a big plus for visual learners like me-chapters are arranged by body part, for example the shoulders, the wrist and hand, etc., so no arthritic area is left out. Chapter 5 is an "All-Stars" chapter that contains a generalized program if you don't want to focus on one specific area(s).All-in-all its just a very well-rounded, complete book that is really well-written and illustrated. If you've got arthritis, I can tell you you're going to feel a lot better when you get those joints working better, and this book can certainly help you do that. Other helpful arthritic books I liked include Treat Your Own Knee Arthritis.

I am 64 and love yoga but i have some chronic conditions, an arthritic knee, flare-ups of trochanteric bursitis, and spinal stenosis. I was trying by trial and error to figure what yoga postures helped and what didn't, but it really helps to have a source book that tells you what you can do and what not to do. This book does that.I have been waiting for a book like this for a long time, and as soon as it was available turned to it for help. The blessing is that you can quickly turn to an area of the body that you need to deal with, like knees or lumbar spine, and find out what to do, and every time you go back you can deepen your understanding, the book is that rich.The pictures and explanations are clear. It's really cheap at the price. Many thanks to the authors.

I have bought countless "huge" yoga books that have yielded very little of those special little nuggets that rock my yoga world. This book is so full of amazing little variations on traditional poses and some new poses altogether.Even if you/your students don't have any health issues, the poses and instructions given in this book bring new life to old, worn-out boring poses (variation breeds awareness!).Not only is this book chock full of useful instructions, health info and safety tips, but the info is presented in the most straightforward, succinct way that you don't have to weed through a whole lot of text that may or may not pertain. No space is wasted.No, I swear I'm not related to the author! I'm just grateful for a well-thought out, succinct, and incredibly useful book for yoga therapists.My only negative is the title... this book is so NOT just for arthritis!! It is for all different health issues,... and for no health issues.

Yoga for Arthritis is a fabulous resource for teachers, students, therapists and doctors alike.

Everyone can benefit from reading this book! It explains the scientific justification for using yoga to treat joint stiffness and then takes you step by step through yoga practices to increase range of motion. Long before I understood the degree to which yoga can rehabilitate the body, I was helping people who were unable to dress, bathe or feed themselves independently due to the pain and stiffness in their joints. This has helped me understand the extreme suffering that can be inflicted by arthritis and given me an even greater appreciation for what yoga has to offer. Loren Fishman and Ellen Saltonstall are longtime students of B.K.S. Iyengar and John Friend, founder of Anusara Yoga. In the Author's Note, they explain why they are inspired by both of these great teachers. The appendix describes the alignment principles from Anusara Yoga. This book will revolutionize yoga therapy for people with arthritis!--Suza Francina, Certified Iyengar Yoga Teacher, author, *The New Yoga for People Over 50*, *The New Yoga for Healthy Aging* and other books for people at midlife and older.

This book is wonderful. It shows how to relieve pain or stiffness in your hands, your feet, your upper back, lower back, knees, neck .... with easy to understand illustrations. Forget the text (yes that is clear, written in an easy to understand and DO style) but I have to SEE what they are telling me to do. This book is a Must for anyone who has aches and pains -- or for that matter, for anyone who is thinking of getting some :) It's the best book of this type I have ever seen. In fact, I am going to buy one for my daughter just because it is great for people who need to stretch and bend and who think they are too busy.

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