



## No More Joint Pain (Hardback)

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By Joseph A. Abboud, Soo Kim Abboud

Yale University Press, United States, 2008. Hardback. Book Condition: New. 236 x 160 mm. Language: English . Brand New Book. Arthritis is a major cause of joint pain, but there are myriad others. This is the first book to provide everyday readers with a comprehensive guide to musculoskeletal disease and pain, from degenerative arthritis in the elderly to common sports injuries in young athletes. Dr. Joseph Abboud and Dr. Soo Kim Abboud offer clear, medically based information on the most common diseases to affect the musculoskeletal system. They explain each major joint in detail and draw on their extensive experience with patients to offer sound advice on treatment and prevention options. They also discuss the pros and cons of alternative medicine techniques, and they assess which of the newest technologies really work. With one hundred illustrations, specific instructions for beneficial exercises, and a helpful glossary, this manual is just what the doctor ordered for weekend warriors and anyone else who is contending with joint pain. A separate chapter is devoted to each major joint: back; hip; knee; foot and ankle; shoulder; elbow; and, hand and wrist.



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### Reviews

*Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.*

-- **Audra Klocko PhD**

*Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Germaine Welch**