



# No More Joint Pain (Yale University Press Health & Wellness)

*Dr. Joseph A. Abboud M.D.*

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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 A. 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 devoted to each major joint:

- Back
- Hip
- Knee
- Foot and ankle
- Shoulder
- Elbow
- Hand and wrist

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Reading can called brain hangout, why? Because while you are reading a book particularly book entitled No More Joint Pain (Yale University Press Health & Wellness) your mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will become your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation that maybe you never get previous to. The No More Joint Pain (Yale University Press Health & Wellness) giving you an additional experience more than blown away the mind but also giving you useful details for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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