



Informazioni sul libro

Autori:	Andreas Alt / Bernard C. Kolster
Titolo:	Du bist dein eigener Therapeut
Sottotitolo:	Backache – How to Manage my Complaints in Three Simple Steps

Testo breve:

In this book, the authors show readers who are plagued by back pain amazingly simple ways to minimize their discomfort and take an active role in their therapy. The book contains everything required for back pain sufferers to treat their back pain on their own and to eliminate or decisively alleviate it in the long term – from simple self-assessment to an individual exercise program and practical implementation. In addition, the book's focus on the modern lifestyle demonstrates ways to counteract habits that cause back pain. In addition, the book contains support materials such as video sequences of the exercises and PDF formats of the self-assessment and exercise programs, which can be accessed via QR codes.

Argomenti:	Educazione del paziente, Fisioterapia, Guida alla salute e alla medicina
-------------------	--

Edizione:	1st Edition 2021
pagine:	190
Immagini:	50
Copertina:	Softcover, 14 x 19,8 cm
ISBN:	978-3-86867-567-2
Pubblicato:	agosto 2021

Quintessenza Edizioni S.r.l.

-  Via C. Menotti 65
20017 Rho (Milano)
Italia
-  +39 (0)2 / 931 82 264
-  +39 (0)2 / 931 86 159
-  info@quintessenzaedizioni.it
-  <https://www.quintessence-publishing.com/ita/it>