

1. Record Nr.	UNINA9910818060903321
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Titolo	Nonpharmacological Therapies in the Management of Osteoarthritis [[electronic resource]]
Pubbl/distr/stampa	Sharjah, : Bentham Science Publishers, 2012
Edizione	[1st ed.]
Descrizione fisica	1 online resource (137 p.)
Disciplina	616.7 616.722
Soggetti	Osteoarthritis -- Surgery Osteoarthritis -- Treatment Osteoarthritis
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	01 Title.pdf; 02 Cover Page; 03 REVISED eBooks End User License Agreement-Website; 04 Contents; 05 Foreword; 06 Preface; 07 List of Contributors; 08 Chapter 01; 09 Chapter 02; 10 Chapter 03; 11 Chapter 04; 12 Chapter 05; 13 Chapter 06; 14 Chapter 07; 15 Chapter 08; 16 Chapter 09; 17 Chapter 10; 18 Chapter 11; 19 INDEX
Sommario/riassunto	This title reviews the clinical relevance of these therapies and the difficulties in conducting high quality trials assessing their efficacy. This e-book presents supportive scientific evidence for their efficacy and explains the mechanism of action of nutraceuticals targeting osteoarthritis. It also includes many examples of exercises, mobilization and manipulation techniques directly useful for medical professionals.