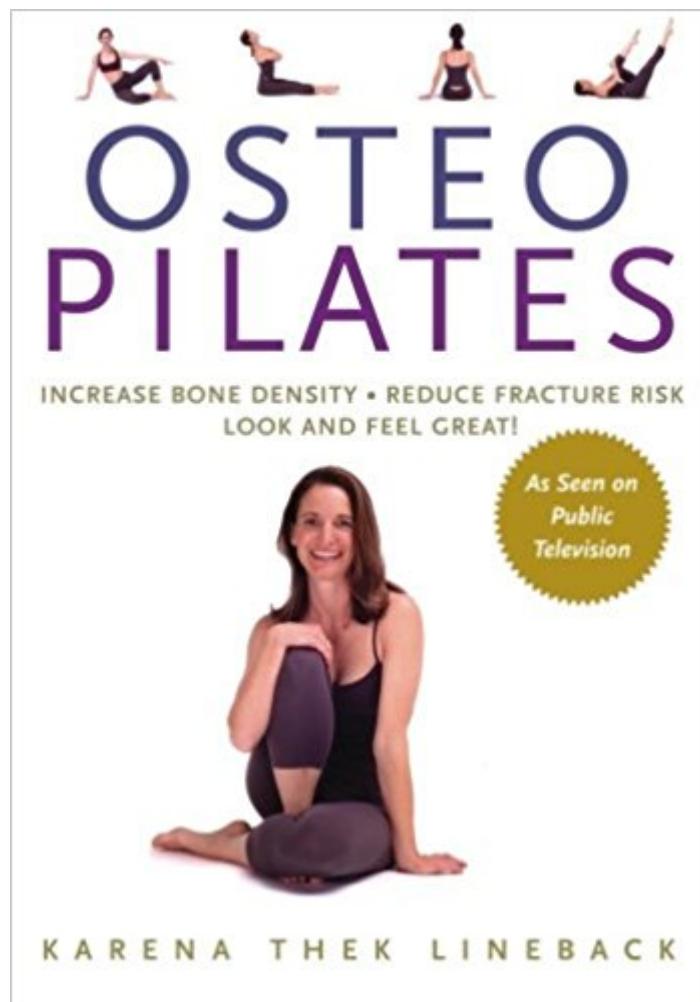


The book was found

Osteopilates: Increase Bone Density, Reduce Fracture Risk, Look And Feel Great



Synopsis

Fractures that occur during exercise leave most people thinking that they have only strained their backs or overdone an exercise. In some cases, many tiny fractures can develop before a person sees a doctor about increasing back pain. The more tiny fractures that accumulate, the greater the deformity of the spine. Karena Thek Lineback has devised a plan to make sure this does not happen to you. The four-part plan consists of: Safe movement for exercise and everyday living. Postural awareness. Diet. Medication. In this book, you will find safe movement guidelines and an entire exercise program of OsteoPilates designed to be safe for those with osteoporosis, to help you greatly reduce your risk of injury or debilitating fracture. You will also find all the nuts and bolts of osteoporosis information necessary to combat this crippling condition. You'll learn what causes osteoporosis (perhaps you have a habit that is decreasing your bone density right now!), the effect menopause has on bone density, what dietary habits will help improve bone density, and which medications are available for increasing bone density. There is much you can do to prevent osteoporosis and to decrease the negative effects low bone density can have on your life and well-being. OsteoPilates tells you what to do and how to do it.

Book Information

Paperback: 237 pages

Publisher: Career Press; Original edition (May 1, 2003)

Language: English

ISBN-10: 1564146871

ISBN-13: 978-1564146878

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #711,019 in Books (See Top 100 in Books) #67 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #111 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #227 inÂ Books > Medical Books > Medicine > Internal Medicine > Rheumatology

Customer Reviews

I am a Yoga teacher, and soon to be Pilates instructor. I have a female student who has the beginning stages of Osteoporosis and has been told to exercise to increase her bone density. I needed to find out as much information on the do's and don't's for my client. Boy, am I glad I did my

homework. I discovered "OsteoPilates" by, Karena Thek Lineback. Her book was the only one I found that gives a comprehensive list of exercises to help my client increase her bone density and most importantly, to keep her risk of fractures very, very low. This book has wonderful information on the basic facts of Osteoporosis and low bone density, plus the most important part, the exercises and movements one should do and not do if you suffer this devastating disease. I was able to create a safe, but incredibly beneficial exercise program for my client. The book also points out wonderful need to know information like, 1 out of 2 women will suffer a fracture in their life time. The one daily action that we all do, is tie our shoes. Someone with Osteoporosis can fracture their spine doing this simple action. I am so glad I found and read this informative book, not only for my client, but also for my future. Everyone on the planet needs to read and apply this information to their life. Woman and Men!!! I am someone who is so intrigued with the human body and how it works, this information was so important to me physically and spiritually. Reading this book allows me to better serve my clients.

This is a very informative book, worth the read, but I gave it only 4 stars because of the exercise section. It has LOTS of excellent exercises, but for some reason, they would start an exercise explanation on the right page, then you have to turn the page to continue with it. You end up with the pointer pictures and the don't-do-this pictures of the previous exercise on the same two page spread as the explanatory photos of the next exercise, which is inconvenient and confusing. Would it have been SO hard to publish the book with a few more pages to enable each exercise to be on its own two-page spread, without encroaching on the next exercise? This is a great reference book, but they need to make the exercise section more 'user-friendly'.

Karena Lineback has done an excellent job with her book, Osteopilates. I am a former Rockette and Broadway dancer, and as I near my forties, I find this information extremely helpful. Many of my Yoga students are menopausal, the precautions listed definitely apply to them. Karena has included some excellent recipes, charts dealing with calcium percentages, as well as guides to practicing at home complete with photos. The book is loaded with valuable advice and written in an easy, conversational style. Her many years of training in dance and Pilates shine through.

This book is very well-researched and informative. The author takes time before the exercise portion to give information about risk factors for osteoporosis and what an individual can do before it comes or after a diagnosis. After reading this book, you'll know how to complete daily activities in a safe

manner, which questions to ask your doctor as well as which tests you may need and what they mean. Having been diagnosed with osteoporosis at a young age, I have worked with several physical therapists after serious fractures. Many of those exercises have put me at risk for more injuries, according to this book. I would rather choose to err on the side of caution and avoid those types of moves from now on. There is some dated info in the book. It advocates milk, but research and studies have shown that your body doesn't absorb much of the calcium in milk. As with any medical or exercise book, take all info with a grain of salt and use your intuition, your own research and work with your trusted health care professionals. This book gives encouragement and hope, advice, and info that you can use immediately to prevent or treat thinning bones.

Excellent book.....very detailed and easy to understand. I also find myself very conscientious about keeping good posture whilst performing the exercises. "do not flex the spine" goes through my mind so many times during the course of the day, you would be surprised at how often we all do that, and I have learned from this book that, that is not a good thing.

The charts were difficult to figure out. I could not place my own Tscores on the chart with any sense at all. I showed the book to pilates instructors as well as doctors without making sense of the chart. I have been doing pilates for 3 years and the modified versions of the exercises did not make me feel that I was getting a good workout.

we don't age we just grow up and change, a little...and with books like this one to help us we can get/stay in shape and make certain we support our bones at the same time. lots of good info. lots of step by step photos to illustrate the proper way to do the exercises. i am over 50 going on 19, i just fractured my elbow in a mountain bike accident, my ortho suggested 2 things to me, a bone density test and this book. after reading it i got one for my best friend and my mother as well. the author seems to know what she is talking about and the book is easy to understand.p.s. riding a bike in the company of your 2 dogs can also be bad for your bones.

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