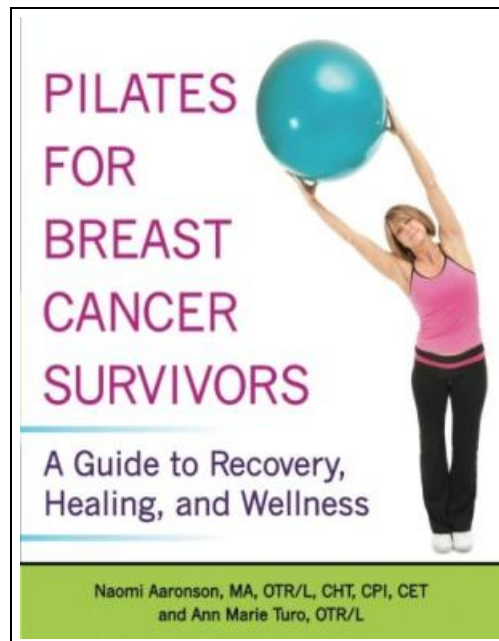


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Demos Medical Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Whether you are undergoing therapy for breast cancer or recovering from it, the treatment and disease can leave you feeling weak. Pilates is a safe and effective way to help you get your strength back while fighting chemo brain, lymphedema, fatigue, depression, weight gain, peripheral neuropathy, osteoporosis, and upper extremity impairment. Naomi Aaronson and Anne Marie Turo, occupational therapists and certified Pilates instructors, show you how to build strength, flexibility, and confidence and improve everyday life after breast cancer through Pilates. This customizable three-phase program allows you to ease back into health at your own pace and challenge yourself as you regain mobility and power. With clear instructions and photos, you ll learn how to use correct posture, form, and alignment to get the most out of your exercise and feel better faster. Pilates for Breast Cancer Survivors features: Simple exercises to improve core and upper body strengthA three-phase program to bring you from treatment to full recoveryA special routine for recovery from the TRAM Flap procedureAdaptations for every exercise including seating and standing alternatives.



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