



# Yoga for Arthritis: The Complete Guide

By Loren Fishman, Ellen Saltonstall

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**Yoga for Arthritis: The Complete Guide** By Loren Fishman, Ellen Saltonstall

**A comprehensive, user-friendly medical yoga program designed for management and prevention of arthritis.**

Arthritis restricts movement; yoga increases range of motion: these two were made for each other. Arthritis is the leading cause of disability in this country, limiting everyday activities for more than seven million Americans. Drugs, surgeries, and steroids can alleviate some of the discomforts, but study after study has shown that exercise is most beneficial to most forms of arthritis, specifically low-impact, flexibility-enhancing exercises?hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand arthritis and give a spectrum of exercises for beginners and experts. Broken down into chapters focusing on each major joint, there are 100 classical yoga poses and numerous imaginative and physiologically sound adapted poses, all with step-by-step instructions and easy-to-follow photo demonstrations. The authors welcome readers into the philosophy and principles of yoga and show how to use yoga to find lasting relief from arthritis. 400+ illustrations

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#### **About the Author**

Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City.

Ellen Saltonstall is a certified Anusara Yoga instructor and licensed massage therapist who lives in New York City.

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