

Columna Sana

Healthy Spine



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The spine is the central core of our skeleton. It is a vital area where an important number of symptoms and illnesses are concentrated.

This book approaches the different scientific areas of study that refer to the spine (anatomy, physiology, pathology and posture). The reader will find explained the basics of how the spine works as well as the origins of the most common problems affecting it (osteoarthritis, hernia, hyper-lordosis, scoliosis, etc.). It also emphasizes the importance of bad habits on the posture or movement as a consequence of different pathologic/painful processes and it gives details on the right attitude for the correct use of the spine. Moreover, it includes a wide range of exercises classified by spine regions to improve the structural balance, develop corporal awareness and to prevent, reduce and even to eliminate frequent back pain.

Likewise, the majority of the concepts treated are accompanied with images and drawings that help clarify and speed up presentation of the topics.

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