



Artrosi, artrite e attività fisica (Italian Edition)

Gian Pasquale Ganzit, Luca Stefanini

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Recenti studi lo affermano: un'attività fisica adeguata può essere davvero benefica per chi soffre di artrosi o di artrite. Per mettere in pratica i suggerimenti degli esperti, i malati necessitano di informazioni chiare sui reali benefici e limiti dello sport.

Il testo illustra quali sono gli sport da evitare e quelli consigliati per i pazienti reumatologici. È un supporto per il medico di medicina generale e per il reumatologo che desiderino studiare, con i propri assistiti, un insieme di attività volte a diminuire gli effetti negativi delle affezioni reumatologiche e a migliorare la qualità della vita.

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