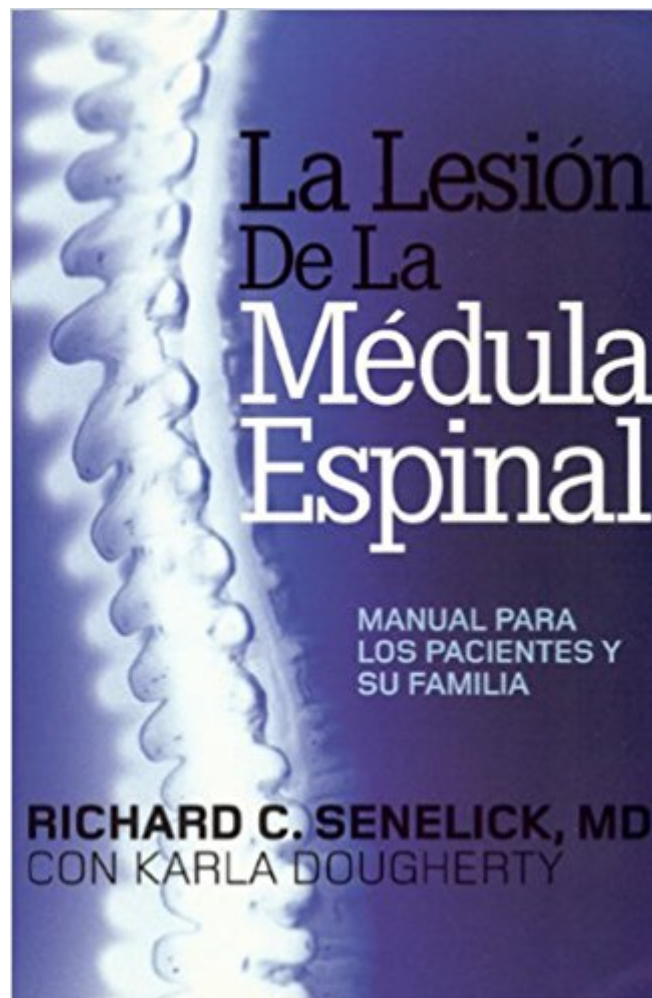




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La Lesion De La Medula Espinal: Manual Para Los Pacientes Y Su Familia



Synopsis

Spinal cord injury is so traumatic because while the body is immobile, the brain is intact. You know what is going on. You know the full extent of the injury. But because you can think, because you are still the same person, you can learn how to return to your life—or begin anew. Education becomes your lifeline. This important source book will guide you through the sometimes overwhelming maze of getting back. It addresses your fears, concerns, and your questions with authority and compassion. In simple, easy-to-understand terms, you'll learn about the six major arenas you need to understand for optimum health and rehabilitation success. You'll learn the nuts and bolts of spinal cord injury rehabilitation, from specific exercises to finding the best wheelchair for you, and much more. A resource you will refer to over and over again, this handbook will become an invaluable tool for your rehabilitation, your care—and the rest of your life.

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Customer Reviews

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