

EL ABC DE EJERCICIOS CONTRA LA ARTROSIS

El ejercicio es uno de los principales tratamientos que los especialistas recomiendan para la rehabilitación de las articulaciones que sufren artrosis. Realizar ejercicios en manos, caderas, rodillas y cervicales beneficia la movilidad y ayuda a prevenir que la artrosis avance.

Te mostramos como cuidar tus articulaciones con 11 prácticos ejercicios que puedes realizar a lo largo del día.

A FORTALECE CADERAS Y RODILLAS

Te recomendamos realizar estos movimientos con ambas piernas sobre una alfombra o esterilla. Hazlos lentamente y descansa unos segundos entre cada ejercicio.



Túmbate con las piernas extendidas, dobla la rodilla y llévala hacia el abdomen. Después estírala todo lo que puedas y baja lentamente.



Flexiona la rodilla sin levantar el pie del suelo. Gírala hacia dentro intentando que toque la otra rodilla y después llévala hacia fuera.



Levanta la pierna con la rodilla bien extendida y, si es posible, hasta que forme un ángulo recto con el tronco. Aguanta 10 segundos y baja.



Estírate boca abajo, dobla la rodilla intentando que el talón del pie toque la nalga del mismo lado. Después baja la pierna lentamente.

Siéntate en una mesa con las piernas colgando, levanta alternativamente las piernas estirándolas todo lo que puedas pero sin mover el muslo.



Por último, realiza este mismo ejercicio pero colocando en el pie un peso. Empieza con medio kilo y ve aumentando poco a poco hasta llegar a 3 o 4.

D MANOS

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Como Combatir La Artrosis:

Las 100 enfermedades más frecuentes / Cómo hacer de tu cocina una farmacia Jorge Enrique Rojas

Quiceno, Santiago Rojas Gómez, 2020-05-01 Una guía para entender las enfermedades y cómo los elementos naturales nos ayudan en su tratamiento. En este volumen cara y cruz el lector encontrará dos libros en uno. Por un lado está Las 100 enfermedades más frecuentes en donde el autor explica de una manera muy clara y concisa en qué consisten las dolencias más comunes que recibe en su consulta cuáles son sus signos y síntomas cómo se pueden diagnosticar las medidas preventivas que existen y qué terapias alternativas como la fitoterapia la geoterapia y la aromaterapia entre otras pueden ayudar en su tratamiento. Por el otro lado tenemos Cómo hacer de la cocina una farmacia que es una guía para entender el poder sanador de los alimentos en el tratamiento de las enfermedades. Los autores nos explican los tipos de nutrientes y vitaminas nutricionales que existen el efecto del ayuno y la desintoxicación en la salud entre otros temas y nos cuentan los beneficios de los productos saludables de la naturaleza cuáles son sus propiedades cómo podemos usarlos en la cocina y en remedios caseros. También incluyen un apartado de recetas de batidos saludables.

Firestein y Kelley. Tratado de reumatología

Gary S. Firestein, Ralph C. Budd, Sherine E. Gabriel, Gary Koretzky, Iain B. McInnes, James R. O'Dell, 2022-02-15 Abarca desde la ciencia básica la inmunología la anatomía y la fisiología hasta las pruebas diagnósticas los procedimientos y los procesos patológicos específicos e incluye datos clave sobre resultados terapéuticos para tomar decisiones clínicas bien documentadas. Incorpora capítulos nuevos Células linfoides innatas y linfocitos citotóxicos naturales. Patogenia de las enfermedades mediadas por inflamación. Bisfosfonatos. Ecografía en reumatología y Evaluación de la artritis monoarticular y poliarticular. Incluye 1200 ilustraciones de alta calidad tablas de referencia rápida y fotografías clínicas en color. Comparte el conocimiento y la experiencia de cientos de renombre internacional entre los que se incluye un nuevo editor el Dr Gary A Koretzky especialista en inmunología y reumatología. Permite la revisión de los avances en las ciencias básicas y sus aplicaciones clínicas y constituye una guía fiable basada en la evidencia de todas las enfermedades y los síndromes reumáticos. Incluye el acceso a la versión electrónica en inglés que permite consultar el texto completo las figuras y las referencias bibliográficas de la obra desde diversos dispositivos.

Más movimiento, menos sufrimiento Aleix Gusart Trujillo, 2024-01-24

Fisioterapia para el día a día mejora tu postura y tu calidad de vida con tu fisio. Este es el nuevo libro de fisioterapia que está diseñado para ayudarte a aliviar el dolor y curar lesiones en las regiones más comunes del cuerpo. Con 15 programas de ejercicios y fases de tratamiento detalladas. Aleix Gusart es el fisioterapeuta que ha conectado con más de 300 000 seguidores a través de sus dinámicos videos en Instagram. Te enseña a recuperar la movilidad y la fuerza en zonas como la lumbar cadera rodilla cervicales. Cada programa está ilustrado con fotografías lo que te permite seguirlos de manera fácil y segura. Además descubrirás técnicas como el automasaje de tejidos blandos los estiramientos y los ejercicios de movilidad y fuerza que te ayudarán a mejorar tu salud y bienestar. Más movimiento menos sufrimiento es el libro que necesitas para

comenzar a disfrutar de una vida sin dolor *Mayores con salud* Manuel Torreiglesias,Luis Gutiérrez,2000 **La Semana médica** ,1907 **Noticias de la semana** ,2004 Capítulos de la medicina popular vasca Angel Goicoetxea Marcaida,1983 *Como Combatir la Artrosis* CATALINA GRAELLS BALAGUER,J Artigas,José Artigas García,2007-11-05 La artrosis es una enfermedad extremadamente frecuente que puede afectar prácticamente a todas las articulaciones Jos Artigas autor de este manual práctico y ameno ofrece una extensa visión de la enfermedad y pasa revista a los principales aspectos de Ercilla ,2003 **Revista ibero-americana de ciencias médicas** ,1908 Bibliografía española ,1998-11 Cambio 16 ,1987 Revista del ejército y fuerza aérea mexicanos ,2008 Actualidades en reumatología Gábor Kátóna,Leonardo Zamudio,1964 **Guia Practica de La Salud** Bartolomé Beltrán,1992-05 Oiga ,1983 **Revista de ortopedia y traumatología** ,1961 **El siglo médico** ,1877 **Archivos de medicina, cirugía y especialidades** ,1921

Abstracts, Sixth World Congress of the International Rehabilitation Medicine Association, Madrid, 17-22 June, 1990
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