# 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.

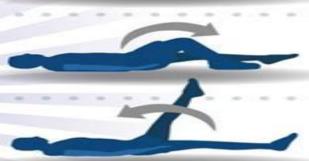
Te mostramos como cuidar tus articulaciones con 11 prácticos ejercicios que puedes realizar a lo largo del día.

# 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.





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.

# **Como Combatir La Artrosis**

**L** Towne

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Las 100 enfermedades más frecuentes / Cómo hacer de tu cocina una farmacia Jorge Enrique Rojas Quiceno, Santiago Rojas Gómez, 2020-05-01 Una gu a para entender las enfermedades y c mo los elementos naturales nos ayudan en su tratamiento En este volumen cara y cruz el lector encontrar dos libros en uno Por un lado est Las 100 enfermedades m s frecuentes en donde el autor explica de una manera muy clara y concisa en qu consisten las dolencias m s comunes que recibe en su consulta cu les sonsus signos y s ntomas c mo sepueden diagnosticar las medidas preventivas que existen you terapias alternativas como la fitoterapia la geoterapia y la aromaterapia entre otras pueden ayudar en su tratamiento Por el otro lado tenemos C mo hacer de la cocina una farmacia que es una qua para entender el poder sanador de los alimentos en el tratamiento de las enfermedades Los autores nos explican los tipos de nutrientes y v as nutricionalesque existen el efecto del ayuno y la desintoxicaci n en la salud entre otros temas ynos cuentan los beneficios de los productos saludables de la naturaleza cu les son sus propiedades c mo podemos usarlos en la cocina y en remedios caseros Tambi n 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 b sica la inmunolog a la anatom a y la fisiolog a hasta las pruebas diagn sticas los procedimientos y los procesos patol gicos espec ficos e incluye datos clave sobre resultados terap uticos para tomar decisiones cl nicas bien documentadas Incorpora cap tulos nuevos C lulas linfoides innatas y linfocitos citol ticos naturales Patogenia de las enfermedades mediadas por inflamasomas Bisfosfonatos Ecograf a en reumatolog a y Evaluaci n de la artritis monoarticular y poliarticular Incluye 1 200 ilustraciones de alta calidad tablas de referencia r pida y fotograf as cl nicas en color Comparte el conocimiento y la experiencia de cient ficos de renombre internacional entre los que se incluye un nuevo editor el Dr Gary A Koretzky especialista en inmunolog a y reumatolog a Permite la revisi n de los avances en las ciencias b sicas y sus aplicaciones cl nicas y constituye una qua fiable basada en la evidencia de todas las enfermedades y los s ndromes reumatol gicos Incluye el acceso a la versi n electr nica en ingl s que permite consultar el texto completo las figuras y las referencias bibliogr ficas de la obra desde diversos dispositivos Más movimiento, menos sufrimiento Aleix Gusart Trujillo, 2024-01-24 Fisioterapia para el d a a d a mejora tu postura y tu calidad de vida con tufisiotemueve Esta completa gu a de fisioterapia est dise ada para ayudarte a aliviar el dolor y curar lesiones en las regiones m s comunes del cuerpo Con 15 programas de ejercicios y fases de tratamiento detalladas Aleix Gusart tufisiotemueve el fisioterapeuta que ha conectado con m s de 300 000 seguidores a trav s de sus din micos v deos en Instagram te ense ar a recuperar la movilidad y la fuerza en zonas como la lumbar ci tica cadera rodilla cervicales Cada programa est ilustrado con fotograf as lo que te permitir seguirlos de manera f cil y segura Adem s descubrir s t cnicas como el automasaje de tejidos blandos los estiramientos y los ejercicios de movilidad y fuerza que te ayudar n a mejorar tu salud y bienestar M s movimiento menos sufrimiento es el libro que necesitas para

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