

3-1-1987

[Review of] Dr. Nagler's Body Maintenance and Repair Book

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Aken, Robert A., "[Review of] Dr. Nagler's Body Maintenance and Repair Book" (1987). *Library Faculty and Staff Publications*. 194.

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Notes/Citation Information

Published in *Library Journal*, v. 112, issue 4, p. 86.

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Nagler, Willibald, M.D. & Irene Von Estorff, M.D. **Dr. Nagler's Body Maintenance and Repair Book.**

S. & S. 1987. c.285p. illus. by Nick Calabrese. index. LC 86-15449. ISBN 0-671-60696-4. \$18.95.

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This work is different from the plethora of popular medical books because the authors practice *physiatry*, a branch of medicine that emphasizes exercise and other physical treatments over drugs and surgery. They begin by suggesting a program of body maintenance through stretching and strengthening plus aerobics. The bulk of the book is made up of alphabetically arranged entries that discuss body parts, diseases, injuries, symptoms, treatments, equipment, and exercises. As one would expect, sports-related injuries are covered, but other physical problems (e.g., low back pain, osteoporosis) are also included, as are medical concerns that don't have obvious physiatric applications (e.g., cancer, diabetes, plastic surgery). This tool will be useful to young and old, active and sedentary.—*Robert Aken, Univ. of Kentucky Libs., Lexington*