3-1-1987

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

Robert A. Aken
University of Kentucky, robaken@uky.edu

Click here to let us know how access to this document benefits you.

Follow this and additional works at: https://uknowledge.uky.edu/libraries_facpub

Part of the Collection Development and Management Commons, and the Medicine and Health Sciences Commons

Repository Citation

This Review is brought to you for free and open access by the University of Kentucky Libraries at UKnowledge. It has been accepted for inclusion in Library Faculty and Staff Publications by an authorized administrator of UKnowledge. For more information, please contact UKnowledge@lsv.uky.edu.

This work is different from the plethora of popular medical books because the authors practice phsyiatry, 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 phsyiatric 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