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Quintessenza Edizioni S.r.l.

 Via C. Menotti 65
20017 Passirana di Rho (Milano)
Italien

 +39 (0)2 / 931 82 264

 +39 (0)2 / 931 86 159

 info@quintessenzaedizioni.it

 <http://www.quintessenzaedizioni.it>

Buch-Information

Autoren: Roland Kreuzer

Titel: Taping in der Schwangerschaft

Untertitel: Tape Applications for Typical Symptoms during Pregnancy and After Childbirth

Kurztext:

During pregnancy, numerous typical complaints can occur that are due to the "special circumstance." Weight gain, altered statics, water retention, etc are among the types of complaints that bother the expectant mother, especially common in twin and multiple pregnancies. The tape applications in this book focus on complaints and pain syndromes of the musculoskeletal system that frequently occur during pregnancy, as well as problems after childbirth – in the case of the latter, the emphasis is on supporting involution. In addition, exercises are presented for the symptoms or injuries, with which the success of the therapy can be ensured in the long term. If performed regularly, the exercises are thus an excellent preventive measure. The focus of this book is on self-therapy or therapy with the practical support of loved ones.

Fachgebiet(e): Human Medicine, Guide Health & Medical Science, Physiotherapy