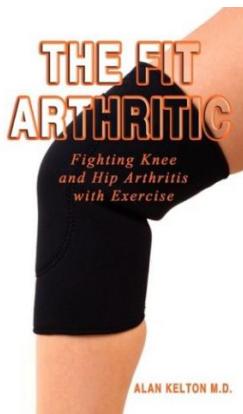


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## THE FIT ARTHRITIC: FIGHTING KNEE AND HIP ARTHRITIS WITH EXERCISE. (PAPERBACK)



Dog Ear Publishing, United States, 2008. Paperback. Book Condition: New. 196 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In my book: The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise I will describe how someone with arthritis can start to take control of their pain and improve their health. I encourage collaboration with a health professional and will help my readers to learn more about osteoarthritis and self-treatment options. I detail many medications...

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- Authored by Alan Kelton
- Released at 2008



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