



# Actividad física aplicada a la osteoporosis + acceso web (Spanish Edition)

*Jose Lopez Chicharro*

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# Actividad física aplicada a la osteoporosis + acceso web (Spanish Edition)

*Jose Lopez Chicharro*

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- Obra que aborda desde un punto de vista científico los avances que se están produciendo en el tratamiento y prevención de la osteoporosis, centrándose en la actividad física como uno de los principales pilares de dicho tratamiento.
- Los autores distinguen claramente dos bloques en esta obra: una primera parte con información genérica sobre la estructura y fisiología del hueso, así como de la osteopatía y la osteopenia, y una segunda parte más centrada en el ejercicio físico, sus efectos y su prescripción.
- Los autores, con una extensa experiencia en investigación, basan los contenidos de la obra en los resultados de los estudios de investigación realizados recientemente, lo que hace que sea una obra de gran actualidad.
- El contenido se expone de una manera clara y sencilla con el objetivo de que pueda ser de utilidad a los diversos especialistas involucrados en la atención de pacientes con osteoporosis.
- Obra con numerosas imágenes y vídeos explicativos.

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