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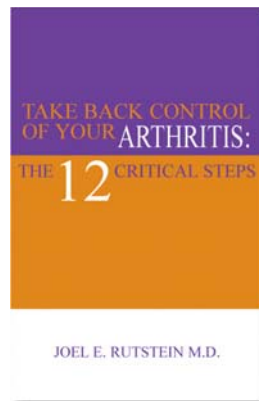
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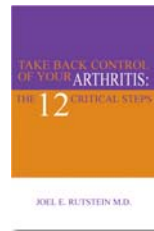
Take Back Control of Your Arthritis!

Take Back Control of Your Arthritis:

The 12 Critical Steps

by Joel Rutstein M.D.

A complete "road-map," written by board-certified rheumatologist Dr. Joel Rutstein, with a unique step-by-step approach for the patient to conquer their arthritis. Paperback: 288 pages.



Coping Programs From ArthritisMall



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Understanding and Coping with Your Depression and Pain: Learn the symptoms of depression and how depression is related to pain from a clinical psychologist and board certified rheumatologist, Dr. Joel Rutstein. 44 min.



Using Prayer and Spirituality to Control Your Pain: Learn religious insights from the Old Testament and the New Testament and how prayer and spirituality can be used to heal your pain. Special guests include a Jesuit Priest and an Orthodox Rabbi. 68 min.

ArthritisMall Exercise Programs



Basic Aquatic Exercises: Learn 15 different aquatic exercises with demonstrations done on dry land, above and below water. Also includes a waterproof poolside reference guide. 68 min.



Advanced Aquatic Exercises: Continue your aquatic exercise program with advanced exercises. Demonstrates 15 exercises on dry land, above and below water. Also includes a waterproof poolside reference guide. 72 min.



Texas Tai Chi: Tai Chi exercise has been simplified and adapted for arthritis patients. Includes an easy to learn instructional program by an experienced Tai Chi instructor. Also includes a separate 15-minute exercise video with a laminated reference guide. 58 min.



Aquatic Tai Chi: Combines two of the most beneficial forms of exercise, demonstrated in a clear and understandable way on dry land, from above the water, and even underwater. The benefits of this aquatic tai chi exercise program include improved range of motion in the joints, better balance, and stronger muscles. Included is a laminated poolside reference guide. 62 min.



15-Minute Total Joint and Body Workout: Work out your entire body with this easy-to-learn instructional program. Includes a separate 15-minute exercise video. Both programs are taught by a Master Fitness Specialist. This is a great way to get started with a simple exercise program. 37 min.