

# ArthritisMall.com

✓ Description	Price
<input type="checkbox"/> Take Back Control of Your Arthritis: The 12 Critical Steps (Paperback)	\$19.95
<input type="checkbox"/> Basic Aquatic Exercises (VHS/DVD)	\$29.95
<input type="checkbox"/> Advanced Aquatic Exercises (VHS/DVD)	\$29.95
<input type="checkbox"/> Texas Tai Chi (VHS/DVD)	\$29.95
<input type="checkbox"/> Aquatic Tai Chi (VHS/DVD)	\$29.95
<input type="checkbox"/> 15-Minute Total Joint and Body Workout (VHS/DVD)	\$29.95
<input type="checkbox"/> Understanding and Coping with Your Depression and Pain (VHS/DVD)	\$24.95
<input type="checkbox"/> Using Prayer and Spirituality to Control Your Pain (VHS/DVD)	\$24.95
<input type="checkbox"/> Helpful Points on Painful Joints (VHS/DVD)	\$24.95
<input type="checkbox"/> <u>Basic &amp; Advanced Aquatic Exercise Package</u> —Save over \$10! (VHS/DVD)	\$49.95
<input type="checkbox"/> <u>Tai Chi Exercise Package</u> : Texas Tai Chi and Aquatic Tai Chi — Save over \$5! (VHS/DVD)	\$59.95
<input type="checkbox"/> <u>Aquatic Exercise Package</u> : Basic Aquatic Exercises, Advanced Aquatic Exercises and Aquatic Tai Chi — Save over \$20!	\$69.95
<input type="checkbox"/> <u>The Complete Exercise Package</u> : Basic & Advanced Aquatic Exercises, Texas Tai Chi, Aquatic Tai Chi, and the 15-Minute Total Joint and Body Workout— Save over \$25!	\$119.95
<input type="checkbox"/> <u>The Complete Video Collection</u> : All 8 video programs. Normally over \$220. Now only \$189.95! — Save over \$35!	\$189.95

When ordering videos, please select format:  VHS OR  DVD

Name: \_\_\_\_\_

Subtotal: \_\_\_\_\_

Address: \_\_\_\_\_

Shipping and Handling: \_\_\_\_\_

\$5.95 for one item  
\$2.00 each additional line item

Phone: \_\_\_\_\_

Total: \_\_\_\_\_

Email: \_\_\_\_\_

Sign me up for a free arthritis email newsletter!

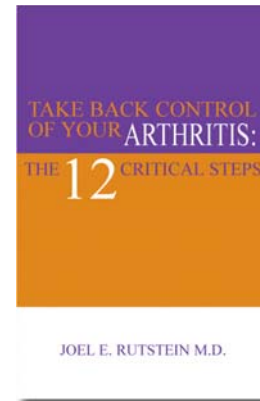
Payment Method:  Check  MasterCard  Visa  Discover  American Express

Credit Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Return order form and payment to:  
ArthritisCentral  
P.O. Box 92344  
Austin, TX 78709

Order online at  
[www.ArthritisMall.com](http://www.ArthritisMall.com)  
Or call: (800) 980-MALL



**Take Back Control  
of Your Arthritis:  
The 12  
Critical Steps**  
by  
Joel Rutstein M.D.

**Take Back Control of Your  
Arthritis with**



**Exercise and Coping Videos**

## Book and Video Order Form

Order Online at  
[www.ArthritisMall.com](http://www.ArthritisMall.com)  
Or Call (800) 980-MALL

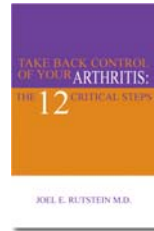
# Take Back Control of Your Arthritis!

## 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



**Helpful Points for Painful Joints:** Learn if you truly have arthritis with this guide to self diagnosis of your pain in the major joints of the body. Causes of pain in the hands, elbows, shoulders, hips, knees, ankles and feet are discussed and demonstrated. Learn to differentiate arthritis from bursitis or tendinitis. Become more knowledgeable about the basis and sources of your pain. 51 min.



**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.