Managing Common Musculoskeletal Conditions by Physiotherapy and Yoga

Contents

1. **Prolapsed Intervertebral Disc (PID)** **1**
2. **Spondylosis** **18**
3. **Sponylolisthesis** **32**
4. **Spinal Flexion Dysfunction** **44**
5. **Myofascial Pain** **52**
6. **Tendinitis** **58**
7. **Periarthritis/Frozen Shoulder** **70**
8. **Osteoarthritis of Knee** **84**
9. **Heel Pain** **102**
10. **Obesity** **105**

Index *123*