

OSTEOPOROSIS Bibliography

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OSTEOPOROSIS Other Resources

[Dr. Fishman's Weekly Yoga Class on Zoom](https://us02web.zoom.us/webinar/register/WN_S3XYiA3YTiqExNSil4bGZw) (Tuesdays, 5:30 PM ET, \$35/per class, on Zoom).
https://us02web.zoom.us/webinar/register/WN_S3XYiA3YTiqExNSil4bGZw

Loren Fishman and Ellen Saltonstall, [Yoga for Osteoporosis](#). (W.W. Norton, 2010).*

*Please note that in this book, *Yoga for Osteoporosis*, the poses are labeled "Osteoporosis version, Osteopenia Version, or Classical Version." This nomenclature is inaccurate. It would be more appropriate to refer to the three versions as: Beginner, Intermediate, or Classical. The practitioner should do the most advanced level of a pose that they are capable of doing correctly (i.e., with good alignment). In other words, someone with osteoporosis who is capable of doing a classical version of a pose correctly should do the classical version. The practitioner progresses when s/he is ready and able. Some may start with the classical poses, others may find themselves working at the beginning level for a long period of time. A new edition of this book is in progress.

["Dr. Fishman's Method: 12 Poses vs. Osteoporosis."](#) YouTube Video. This video contains the full contents of the Series 1 DVD.

Interested in Joining the Yoga vs. Osteoporosis Dose-Response Study?

Please review the requirements and preview the application questions on this [page](https://sciatica.org/?page_id=2452)
https://sciatica.org/?page_id=2452

Schedule an appointment with Dr. Fishman

Loren M. Fishman, MD is a practicing physician who sees patients in-person at his office in Manhattan, and also via Zoom. To schedule an appointment with Dr. Fishman, please call his office: 212-472-0077.

SCOLIOSIS

To learn more about the **scoliosis study**, “Yoga and Xeomin [“Botox”] for Adolescent Idiopathic Scoliosis,” please see: https://sciatica.org/?page_id=124

To apply to join the **scoliosis study**, go to: <https://intakeq.com/new/CWinby>

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GENERAL RESOURCES

[Yoga Injury Prevention \(YIP.guru\)](#)

This paid subscription database contains 108 medical and orthopedic conditions, and the yoga poses that are contraindicated, as well as the yoga poses that are helpful, for each condition along with workarounds. This is a particularly helpful website for yoga therapists and teachers. If you are working with a client with multiple medical conditions, you can input multiple medical conditions and see which poses are contraindicated and which are beneficial for all of them at once. YIP also has videos about helpful yoga-like maneuvers for conditions including rotator cuff syndrome and insomnia. Free week-long trial available.

Dr. Fishman’s website, sciatica.org, contains a wealth of information on many topics. Don’t forget to check out the “[Store](#)” for books, DVDs, and recorded webinars.

Sign up for **Dr. Fishman’s mailing list** at the bottom of the home page: www.sciatica.org

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