

**PHYSICAL EXERCISES  
FOR INVALIDS AND  
CONVALESCENTS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649316878

Physical exercises for invalids and convalescents by Edward H. Ochsner

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Cover @ 2017

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BY

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*SECOND EDITION*

ST. LOUIS  
C. V. MOSBY COMPANY

1922  
MP

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*Press of*  
*The C. V. Mosby Company*  
*St. Louis, Mo.*

616  
19-2

“Love labor; for if thou dost not want it for thy Food, thou mayest for Physick. It is wholesome for the body, and good for the mind. It prevents the fruits of idleness, which many times comes from nothing to do, and leads too many to do what is worse than nothing.

WILLIAM PENN.

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## PREFACE

For a number of years I have felt the need in my practice of some convenient, compact manual of physical exercises for patients who are convalescing from surgical operations or from some severe illness and also for persons who are engaged in sedentary work and who, because of lack of proper physical exercise, are below par. The need has been particularly urgent in orthopedic work, in the after-treatment for the correction of deformities following infantile paralysis and similar affections. At first I met the difficulty by giving the patients typewritten slips of exercises and later made use of a number of books. The typewritten slips proved rather inconvenient and cumbersome and not entirely satisfactory because these lists contained no illustrations. The books available were also unsatisfactory because no book that I could find fully answered my needs. I have consequently decided to publish a very short, compact, easily comprehended, convenient and inexpensive manual describing concisely but clearly forty exercises which can be executed, without apparatus in the patient's own room, at any time convenient to the patient. These exercises are especially designed for the use of convalescents, in-

valids and persons engaged in sedentary occupations. While it is primarily compiled to fill my own personal needs in the after-treatment of surgical, particularly orthopedic cases, I hope other surgeons as well as internists and general practitioners will find this little volume of value.

THE AUTHOR.

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