



# Playing Through Arthritis

*David Silver*

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**Playing Through Arthritis** David Silver

**Expert advice from the arthritis specialist who keeps athletes in the game and at their best**

For every active person sidelined by the pain of arthritis, whether a would-be weekend softball champion or potential marathon runner, rheumatologist Dr. David Silver offers a game plan for getting back in the action.

Dr. Silver is the clinical chief of rheumatology at Cedars Sinai Medical Center and consultant to a roster of celebrities and athletes. Dr. Silver has developed a pain reduction program specifically designed for active people.

In *Playing Through Arthritis*, he shares his plan for maintaining an athletic lifestyle by combining exercise, nutrition, the latest medications, and the best alternative therapies.

Key features include:

- Unique focus on those among the 43 million arthritis sufferers who are physically active
- Targeted exercises to dramatically lessen pain and stiffness in specific joints
- Expert medical advice on nutrition, medications, and alternative therapies

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