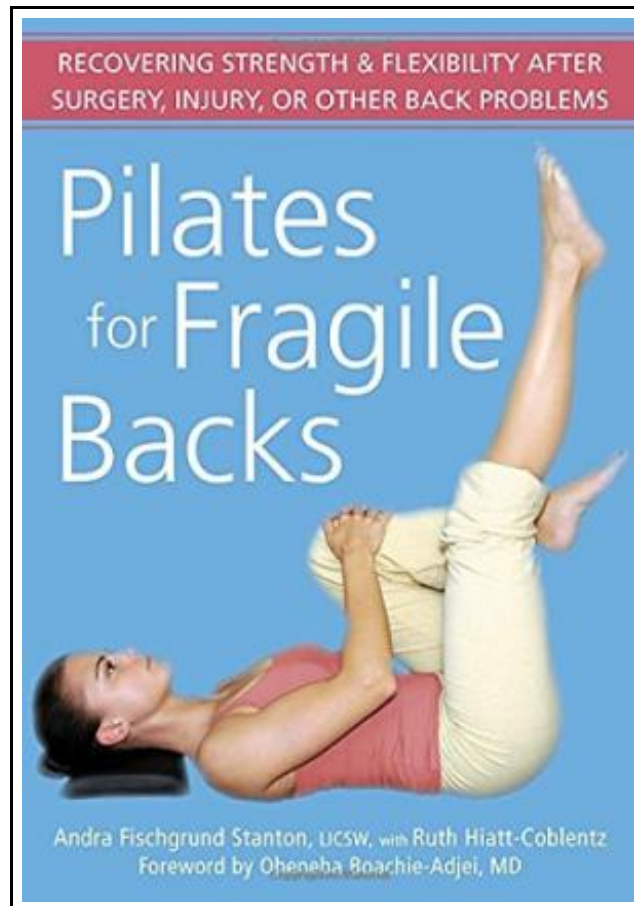


## Pilates for Fragile Backs: Recovering Strength Flexibility After Surgery, Injury, or Other Back Problems



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*(Mrs. Piper Jacobi)*

## PILATES FOR FRAGILE BACKS: RECOVERING STRENGTH FLEXIBILITY AFTER SURGERY, INJURY, OR OTHER BACK PROBLEMS

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