



The Empty Chair: A Movement to Limit the Wheelchair and Lead a Healthy Life

Howard B Cotler MD

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There are an estimated 3.3 million wheelchair users in the United States alone. This is the equivalent of the entire populations of Chicago and Boston combined and represents a tremendous challenge for Americans. However, there are some preventative measures you can take to help avoid the wheelchair and even ways to become ambulatory again after using a wheelchair. In *The Empty Chair: A Movement to Limit the Wheelchair and Lead a Healthy Life* readers will learn the main causes of wheelchair usage, as well as methods to take to decrease the risk of becoming dependent upon a mobility aid. For those readers who already use a wheelchair, this book details exercise regimens that should be considered in order to avoid the disease of inactivity or astronaut's disease and takes a look at the future of the wheelchair. Learn from Dr. Cotler's expertise as a spinal surgeon, and see what you can do to limit the wheelchair.

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