

EXAMEN CLINICO DEL PACIENTE CON LUMBALGIA OFGWEB

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¿Qué examen se hace para saber si tengo lumbago? Una RM crea imágenes detalladas de su columna vertebral. Puede detectar la mayoría de las lesiones que usted haya tenido en la columna o cambios que se presenten con la edad. Incluso se pueden detectar pequeños problemas o cambios que no son la causa de su dolor de espalda actual.

¿Qué evaluar en dolor lumbar? Todo paciente con dolor lumbar debe ser interrogado por la presencia de síntomas neurológicos asociados. Cualquier reporte de parestesias, debilidad, incontinencia fecal o urinaria, retención urinaria o alteraciones de la marcha, requieren evaluación adicional.

¿Qué estudios se hacen para la lumbalgia?

¿Cómo se evalúa la lumbociática? ¿Cómo se diagnostica la lumbociática? El diagnóstico es clínico. Se examina al paciente, se evalúan los reflejos, fuerza y sensibilidad, con lo que se puede tener una sospecha clínica de más o menos en qué nivel está la hernia.

¿Cómo es el examen de lumbar? Una punción lumbar es una prueba que se utiliza para diagnosticar determinadas afecciones médicas. Se realiza en la parte baja de la espalda, en la región lumbar. Durante una punción lumbar, se introduce una aguja en el espacio entre dos huesos lumbares (vértebras) para extraer una muestra de líquido cefalorraquídeo.

¿Cómo detecta un médico la lumbalgia? Un médico palpará con la mano (también llamada palpación) la zona lumbar para localizar espasmos musculares o

tensión, zonas sensibles o anomalías articulares.

¿Cómo se detecta el dolor lumbar? El principal síntoma es un dolor persistente en la zona lumbar baja, identificada como la parte posterior de la cintura, que se desencadena cuando se permanece de pie y mejora notablemente en la cama.

¿Qué es el examen lumbar? La punción lumbar o punción espinal es un procedimiento utilizado para recolectar líquido cefalorraquídeo para determinar la presencia de una enfermedad o lesión.

¿Cómo saber si es una lumbalgia? Enrojecimiento o hinchazón en la espalda o en la columna vertebral. Dolor intenso que no le permite estar cómodo. Fiebre inexplicable con dolor de espalda. Debilidad o entumecimiento en las nalgas, los muslos, las piernas o la pelvis.

¿Quién revisa una lumbalgia? El dolor de espalda o lumbalgia es una enfermedad que puede llegar a ser incapacitante. El tratamiento de pacientes con dolor de espalda o lumbalgia debe individualizarse, por ello es imprescindible consultar con su médico ortopedista de confianza.

¿Qué es un estudio lumbalgia? El lumbago es la forma coloquial de llamar a la lumbalgia, que se define como dolor de la zona baja de la espalda (columna lumbar) situada entre las últimas costillas y la zona glútea, causado por alteraciones de las diferentes estructuras que forman la columna vertebral a ese nivel, como ligamentos, músculos, discos ...

¿Qué radiografía se pide para lumbalgia? Radiografía lateral dinámica, en flexión y extensión lumbar.

¿Qué mide el test de Schober? El Test de Schober es una prueba para evaluar el movimiento de flexión de la columna lumbar.

¿Cómo saber si es lumbalgia o ciática? Para entender las diferencias entre lumbalgia y ciática hay que empezar por el significado. Algia significa dolor, por lo que lumbalgia hace referencia al dolor en la zona lumbar. Por su parte, ciática hace referencia al dolor provocado por la presión del nervio ciático.

¿Qué evalúa Lasègue y Bragard? Lasègue y Bragard: restricción a la elevación de la pierna en extensión y dolor a la flexión dorsal del pie previa elevación del miembro. Freiberg: rotación interna pasiva de la cadera.

¿Cómo se llama el estudio de la columna lumbar? La resonancia magnética de la columna lumbar es uno de los estudios más solicitados en nuestro medio debido a la alta prevalencia de la lumbalgia (como motivo de consulta en los centros de atención médica) y al gran detalle anatómico que ofrece este método.

¿Qué examen se hace en la espalda?

¿Que se ve en un TAC lumbar? La tomografía computarizada (CT, por sus siglas en inglés) de la columna vertebral se hace para: Ver los huesos de la columna vertebral (vértebras). Detectar problemas de la columna vertebral, como tumores, fracturas, deformidades, infección o estrechamiento del canal espinal (estenosis espinal).

¿Cómo se diagnostica la Lumbociatalgia? Las pruebas instrumentales efectivas para confirmar el diagnóstico de lumbociatalgia son: radiografía dorsal-lumbar, resonancia magnética de columna lumbar o tomografía computarizada.

¿Cómo saber qué tipo de lumbalgia tengo?

¿Cómo saber si el dolor lumbar es muscular? El dolor lumbar a menudo es simplemente una contractura muscular o un esguince de ligamento. Si el dolor de espalda es muscular, puede notar síntomas como episodios breves de dolor con contracciones musculares (espasmos musculares), un dolor sordo o un dolor que empeora cuando se mueve.

¿Cómo saber cuándo es un dolor lumbar? El dolor lumbar puede manifestarse de varias maneras diferentes. Puede sentir dolores en la parte baja de la espalda, o puede notar un dolor punzante que comienza en la espalda y se extiende a las piernas. A veces, un problema en la zona lumbar provoca dolor en las caderas o la pelvis.

¿Qué es lo mejor para la lumbalgia?

¿Qué es el signo de Bragard? Ubicación del dolor y significación clínica Si el dolor aparece entre los 35° y 70° de flexión, puede existir una alteración de las raíces nerviosas o del disco intervertebral, lo que se conoce como SIGNO DE BRAGARD.

¿Qué radiografía se pide para lumbalgia? Radiografía lateral dinámica, en flexión y extensión lumbar.

¿Cómo saber si te ha dado un lumbago? Dolor que baja por las piernas por debajo de la rodilla. Dolor que empeora cuando usted se acuesta o dolor que lo despierta por la noche. Enrojecimiento o hinchazón en la espalda o en la columna vertebral. Dolor intenso que no le permite estar cómodo.

¿Qué médicos ven los lumbagos? El dolor de espalda o lumbalgia es una enfermedad que puede llegar a ser incapacitante. El tratamiento de pacientes con dolor de espalda o lumbalgia debe individualizarse, por ello es imprescindible consultar con su médico ortopedista de confianza.

¿Dónde duele con el lumbago? La lumbalgia es la presencia de dolor en la región lumbar, a saber, del borde inferior de las costillas y los glúteos. Puede durar poco tiempo (aguda), algo más (subaguda) o mucho tiempo (crónica), y afectar a cualquiera.

¿Cómo saber si es lumbalgia o ciática? Cuando el dolor sobrepasa la zona lumbar y llega hasta los miembros inferiores hablamos de dolor lumbar irradiado. Si el dolor se extiende desde la región lumbar hasta el talón o el pie, descendiendo por la parte posterior o lateral del muslo, lo llamamos lumbociática (o ciática a secas).

¿Cómo diagnosticar pinzamiento lumbar?

¿Qué pruebas de imagen se pueden solicitar para evaluar el dolor lumbar del Sr Manuel?

¿Cómo se detecta el lumbago? En el caso de dolor lumbar o lumbalgia después de un traumatismo o caída es recomendable realizar una radiografía, un TAC o una resonancia magnética para valorar una fractura lumbar. En general la prueba más usada para el diagnóstico del dolor lumbar o lumbalgia es la resonancia magnética.

¿Cómo se quita el dolor lumbalgia? Aplique calor o hielo en el área que presenta el dolor. Use hielo durante las primeras 48 a 72 horas, luego use calor. Tome analgésicos de venta libre como ibuprofeno (Advil, Motrin IB) o paracetamol (Tylenol). Duerma en posición encorvada o posición fetal con una almohada entre las piernas.

¿Cómo saber si es un dolor lumbar? El dolor no suele percibirse como una corriente que baja desde el glúteo hasta el pie si no que aparece como en parches, "a trozos", en la zona lumbar baja, en glúteo y muslo. Puede aparecer dificultad para andar por el dolor en la zona lumbar y extremidad inferior.

¿Cuánto tiempo puede durar una lumbalgia? La duración de la lumbalgia puede variar considerablemente de una persona a otra. Para muchos, el dolor puede ser agudo y autolimitante, desapareciendo en unas pocas semanas con el reposo y cuidados básicos. Sin embargo, en algunos casos, la lumbalgia puede volverse crónica, persistiendo durante meses o incluso años.

¿Cuál es el mejor medicamento para la lumbalgia? Los medicamentos antiinflamatorios no esteroideos (AINE) como ibuprofeno y naproxeno parecen ser los más eficaces para el dolor en la parte baja de la espalda. Pero si no puede tomar AINE, usted puede probar con acetaminofén (Tylenol, por ejemplo). Sea prudente con los medicamentos.

¿Cuáles son los tipos de lumbalgia?

¿Dónde duele si tengo lumbago? ¿En qué consiste? Se trata de un dolor localizado en la parte baja de la espalda que se origina a nivel de la columna vertebral, los músculos, ligamentos o nervios de la zona. Así cuando un dolor en esa misma región es debido a otros motivos, como por ejemplo un cólico de riñón, no se trata de lumbago o lumbalgia.

¿Qué es mejor para el lumbago reposo o andar? Andar es beneficioso para el lumbago, ya que el movimiento contribuye al fortalecimiento y oxigenación de los músculos. Evitar el sedentarismo es crucial, y notarás mejoras rápidas al incorporar caminatas en tu rutina. Durante episodios agudos de lumbago, es recomendable descansar por unos 3 días.

¿Qué músculos se ven afectados por la lumbalgia? Los músculos que con más frecuencia dan dolor lumbar son los glúteos, el serrato posteroinferior, cuadrado lumbar, abdominales, psoas iliaco, piramidales y musculatura obturadora.

How to begin minimalist living?

What is the difference between simple living and minimalism? Simplicity is the state or quality of being simple. Minimalism is any design or style in which the simplest and fewest elements are used to create the maximum effect. Simple living is a minimal, low-consumption way of living sometimes called minimalism.

What is a minimalist approach to life? A minimalist approach to home life places value on meaningful experiences over meaningless possessions. At its essence, minimalism is a practical focus on what we really value, rather than on consuming and maintaining stuff that we do not use or need.

How can I save money living minimalist?

What is the 15 minute rule for becoming minimalist? Just 15 minutes to read a few pages of a book I already had. A few years removed from that “read more, scroll less” goal, this is how most of my life operates: in 15-minute increments. I call it the “15-minute rule.” It's no fuss. It's not fancy.

What is the 20 rule minimalist? Then we tested our hypothesis: the 20/20 Rule. Anything we get rid of that we truly need, we can replace for less than \$20 in less than 20 minutes from our current location. Thus far, this hypothesis has become a theory that has held true 100% of the time.

Do minimalists spend money? A minimalist budget isn't necessarily about spending less money. It's about spending money on fewer things, so you're only spending money on what you truly value.

What is the 90 rule for minimalism? Created by Joshua Fields Millburn and Ryan Nicodemus of The Minimalists, the 90/90 rule is a decluttering process that requires you to ask yourself two questions about objects you're not sure about: Have you used it in the past 90 days? And if not, will you use it in the 90 days ahead?

Are minimalists actually happier? According to a survey by the Simplicity Institute, an organization that surveyed 2,500 people across various countries who self-identified themselves as living with fewer possessions, 87 percent of respondents indicated they were happier now than when they owned more possessions.

What is a minimalist outfit? Minimalist fashion is a way of dressing that involves owning a minimal amount of clothes and choosing timeless quality pieces that never go out of style. It's about creating a wardrobe that can be worn for any occasion without being bogged down by the stress of constantly keeping up with new trends.

What is the bare minimum lifestyle? Minimalism is a movement with the goal of reducing physical and mental clutter on an individual basis. People who practice it own fewer items and try to find more purpose in the things they own or practice, developing enhanced organizational skills to guide day-to-day decisions more efficiently.

What does a minimalist lifestyle look like? A minimalist lifestyle is intentionally living with fewer possessions — focusing only on the ones you need. Living with less may be the right choice if you're feeling overwhelmed with clutter, if you're looking for fewer distractions, or if you're looking to cut back on spending.

Where do minimalists keep their stuff? This has been mentioned in the above tips, but you should store everything you need out of sight, in drawers and cabinets. Bookshelves can be used to store books or DVDs or CDs, but shouldn't have much else except a few simple decorations (not whole collections of things).

How can I live a simple life with less stuff?

How do I declutter my minimalist life? To begin, spend five minutes throwing out or setting aside things you no longer need. If even that seems like too much, just find one thing you don't want and either toss it, donate it, or give it away. If you did this every day for a year, that would be 365 fewer items in your home.

What is the first step to becoming a minimalist?

What is the one in one out rule minimalism? The one-in, one-out rule is just what it sounds like. Before buying any new item, you must purge a similar one you

currently have. This rule is not new; organizing teams recommend it to keep clutter in check. You can maintain order by regulating what goes in and what must come out.

What is the 30 30 rule for minimalists? Here's the gist of The Minimalists' 30/30 rule: If something costs more than \$30, the challenge is to try to get by without it for the next 30 hours, and for something that costs more than \$100, they say to wait 30 days. This extra time is supposed to help you assess if the item will or won't add value to your life.

What is the minimalist 333 rule? The idea behind Project 333 is simple: Wear only 33 articles of clothing for the next 3 months. All clothing, accessories, jewelry, outerwear, and shoes count towards your number. Exceptions include wedding rings, underwear, sleepwear, in-home loungewear, and workout clothing.

What is the 90 90 rule for minimalism? What is the 90/90 decluttering rule? The premise is simple and somewhat brutal: if you haven't worn something in 90 days and don't see yourself wearing it in the next three months (90 days), then it's out the (wardrobe) door.

What is the first rule of decluttering? Vow to Bring Less Home The most important rule to set before you even begin to purge items is to make a sincere effort to bring less stuff in. There's no point in putting forth the effort to declutter if you undo all your progress by buying more stuff.

What do extreme minimalists own? Extreme minimalism is the practice of owning very few material things, usually in the range of 15–150 items.

What celebrities are minimalists?

Do minimalists believe in God? We personally know minimalists who are Christian pastors, minimalists who are practicing Buddhists, minimalists who are atheists. We even know a minimalist rabbi. Because minimalism is a lifestyle that helps people question what things add value to their lives, it applies to any religion—or no religion at all.

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days. This extra time is supposed to help you assess if the item will or won't add value to your life.

What is the 90 10 rule minimalism? The 90/10 rule is all about quality over quantity. The idea is simple: identify the 10% of your possessions that bring you the most functional use, value, or sheer joy. Prioritize the things that matter, and find ways to minimize the rest.

How to start practicing minimalism?

How do I train myself to be a minimalist?

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What is the one in one out rule minimalism? The one-in, one-out rule is just what it sounds like. Before buying any new item, you must purge a similar one you currently have. This rule is not new; organizing teams recommend it to keep clutter in check. You can maintain order by regulating what goes in and what must come out.

What is the golden rule of 30? According to Priti Rathi Gupta, Founder of LXME, as a salaried woman, you can follow the 50:30:20 Rule, which is the golden rule of budgeting. It is a great idea to start with which allocates 50% of your income to needs, 30% to wants, and 20% to savings and investments.

What is the minimalist one minute rule? One of the most simple and effective rules for getting your life under control and keeping your home clutterfree is the "one-minute rule" introduced by Gretchen Rubin. Complete any task that can be finished in one minute immediately.

How do I declutter my minimalist life? To begin, spend five minutes throwing out or setting aside things you no longer need. If even that seems like too much, just find one thing you don't want and either toss it, donate it, or give it away. If you did this every day for a year, that would be 365 fewer items in your home.

What do minimalists do with their money? Minimalists spend money on all sorts of things all the time. The difference lies in what they spend money on. Minimalists choose to spend money on experiences, true necessities, personal growth, and others. They choose not to spend money on extra stuff that is bound to become clutter.

How to start living a minimalist lifestyle?

Are minimalists happier? According to a survey by the Simplicity Institute, an organization that surveyed 2,500 people across various countries who self-identified themselves as living with fewer possessions, 87 percent of respondents indicated they were happier now than when they owned more possessions.

How to become a minimalist checklist?

What is the bare minimum lifestyle? The idea is to live with the bare minimum of things that you need to survive and thrive. It's about learning how to make do with what you have rather than constantly creating more stuff for the sake of having more things.

What does a minimalist lifestyle look like? A minimalist lifestyle is intentionally living with fewer possessions — focusing only on the ones you need. Living with less may be the right choice if you're feeling overwhelmed with clutter, if you're looking for fewer distractions, or if you're looking to cut back on spending.

What are the steps for minimalist lifestyle?

Total Fitness and Wellness: Edition 6

Q: What is the primary focus of Total Fitness and Wellness Edition 6? A: Edition 6 comprehensively addresses all aspects of fitness and wellness, from physical exercise to mental and emotional well-being. It provides expert guidance on achieving optimal health and vitality.

Q: What types of topics are covered in the book? A: Edition 6 covers a wide range of topics, including:

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- Exercise physiology and fitness strategies

- Nutrition and healthy eating
- Stress management and mental health
- Sleep optimization
- Social support and community involvement

Q: Who is the target audience of Total Fitness and Wellness? A: Edition 6 is designed for anyone seeking to improve their overall health and well-being. It is an essential resource for fitness professionals, health educators, and individuals who want to take ownership of their health journey.

Q: What are some key features of the book? A: Edition 6 boasts several features, such as:

- In-depth case studies and examples
- Practical tips and exercises
- Updated scientific research
- A comprehensive glossary of terms
- Online resources and support materials

Q: How can I access Total Fitness and Wellness Edition 6? A: Total Fitness and Wellness Edition 6 is available in both print and electronic formats. You can purchase the book online or through major bookstores. The online version provides additional features, including interactive exercises, quizzes, and multimedia content.

What age is the Brave book appropriate for? Every BRAVE book is made for children ages 4 to 12. We believe that instilling strong morals and values at a young age is crucial.

What is the book Brave Enough about? This book gathers, each on a single page, more than 100 of Strayed's indelible quotes and thoughts--"mini instruction manuals for the soul" that urge us toward the incredible capacity for love, compassion, forgiveness, and endurance that is within us all. Be brave enough to break your own heart.

What is the book we must be brave about? As World War II rages, newly married Englishwoman Ellen Parr finds a small child asleep on the backseat of an empty bus

and takes her in. After three years together, the girl is taken away, leaving Ellen to wonder: In a world changed by war, is it fair to wish for an unchanged heart?

Is Home of the Brave a poetry book? This short novel, written in free verse, had me in it's grip from the very first page. Kek, a refugee from Sudan, arrives in the US in the dead of winter, to none other than Minnesota.

What age is appropriate for brave? It is funny enough to keep older viewers amused, and cute enough so that kids will love it. However, much of the plot revolves around a 'scary' and evil bear, as well as a witch. Younger kids may very well find it disturbing. This is why I would recommend this only to kids 8 and up.

What age is the book illegal for? Central themes are sacrifice, overcoming violence and poverty, family, and of course the challenges facing teen-aged refugees. These are all beautifully explored, but due to the graphic nature of the mature themes, it's best to save this book for at least tweens. Not for younger viewers...

What is the main message of Brave? The plot of Brave is focused on healing a relationship between two women, a mother and daughter, not romantic love. Merida does not want to be married, perhaps ever, and she fights for her right to choose whether marriage is the right path for her.

What is the main lesson in Brave? Merida learns not to be selfish and that family bonds shouldn't be broken. Eleanor learns that sometimes it's okay to break tradition and follow your heart. And neither of them have anything to do with the bear symbolism—except to tie back into the ultimately extraneous legend of Mordu and the lost kingdom.

What is the main plot of Brave? Set in the Scottish Highlands, the film tells the story of Princess Merida of DunBroch (Macdonald) who defies an age-old custom, causing chaos in the kingdom by expressing the desire not to be betrothed.

What is the book Brave story about? Wataru Mitani has to grow up fast, and not just in this world but in a magical land called Vision. Young Wataru flees his messed-up life to navigate the magical world of Vision, a land filled with creatures both fierce and friendly. His ultimate destination is the Tower of Destiny where a goddess of fate

awaits.

Is As brave as you a good book? Funny, sweet, poignant intergenerational family relationships. It does deal with divorce tangentially, and the language is occasionally worse than what is listed above. That was disappointing for middle grade fiction, particularly with an exclamatory, "Jesus Christ" and a few instances of "hell."

What is the book Brave Like That about? Brave Like That is a nuanced and realistic story of a boy realizing that what he wants for himself is different than what other people may want for him. Cyrus' sensitive first-person narration is effortlessly constructed and will draw readers in to his thoughts and feelings from the very first page.

What is the main problem in Home of the Brave? Kek's biggest challenge arrives when Lou hurts herself and is forced to sell the farm. Worst of all, Gol will no longer have a home, and who will buy an elderly cow? In anger and frustration, Kek runs from the farm and refuses to go back, despite Ganwar and Lou's pleas.

What grade level is Home of the Brave? Will Kek be able to find joy in America after losing so much and desperately missing his Sudanese life and wonderful family? This novel is appropriate for students age 10+. Though the novel is sad at times, it does not have any mature content and is ultimately a story about perseverance and hope.

What is the message of Home of the Brave? The overall message of the "Home of the Brave" is that the home is where your heart is.

What nationality is Merida from Brave?

What age is home of the Brave for? Why Age 17+? Amstel light, REI, Sun Chips.

What age is Brave writer for? Ages 5-7 Beginning Writers View Products » Ages 8-10 Emerging Writers View Products » Ages 11-12 Middle School Writers View Products » Ages 13-14 High School Writers View Products »

What is the oldest book to be banned? The book in question is Thomas Morton's New English Canaan or New Canaan, published in Amsterdam in 1637, and I was pleased to discover that the Bell Library has a copy – one of about 25 copies that

have survived.

Has a 13 year old ever published a book? Alexandra Adornetto (born 18 April 1994) wrote her debut novel, *The Shadow Thief*, when she was 13. It was published in 2007. Other books written by her as a teenager are: *The Lampo Circus* (2008), *Von Gobstopper's Arcade* (2009), *Halo* (2010) and *Hades* (2011).

Has an 11 year old ever published a book? LUBBOCK, Texas — At 11 years old, João or John Sganzerla said he would have never imagined being a published author.

What story is Brave based on? It's also likely that Chapman and the Pixar creative team took some inspiration from *Brave Margaret*, a children's retelling of a 19th century Gaelic folktale by Robert San Souci and Sally Wern Comport. Robert San Souci was a Disney consultant years earlier.

What is the feminism in Brave? In this film, Merida, the princess invites women to fight for their rights to choose activities they like even though it is the activity of men, such as riding and archery, opposing the standard of beauty made to refer to a woman as beautiful, and refusing an arranged marriage.

What is the true story of Brave? It's Historically Accurate (Sort Of) The story of *Brave* touches on a long-lost kingdom from days past where there was a King and he had four sons. And while *Brave* is set in historical times, it might surprise many to hear that this is actually a reference to a real-life king and his sons.

What age group are Brave books for? We believe that the age range for our books is 4-12. We have worked very hard to create simple stories so that someone on the younger side of the age range would enjoy sitting and listening to the story while we also provide an overarching story through the BRAVE Universe that older kids will enjoy.

Is brave child friendly? Parents need to know that *Brave* is pretty scary for a "princess movie," especially for kids under 7 and/or those who are very sensitive to peril. Several intense sequences involve a large angry bear that attacks the main characters -- which are even more so when seen in 3-D -- and (possible spoiler alert) a...

What age group is as brave as you for? The content isn't inappropriate for 10 yo's at all--but definitely not any younger. I'd say most 6th graders would be able to handle it--all the way up to high schoolers (and adults).

What age is brave graphic novel appropriate for? Ideal for children aged 11 to 13 years.

How do you know if a book is age appropriate? Sometimes finding an age-appropriate book is as easy as matching your child's age to the reading level printed on the back of a book. For example, if your student is 10 years old, then you can look for books in the 9–12 age bracket.

What age is brave writer for? [Ages 5-7 Beginning Writers View Products »](#) [Ages 8-10 Emerging Writers View Products »](#) [Ages 11-12 Middle School Writers View Products »](#) [Ages 13-14 High School Writers View Products »](#)

What is the mission statement of BRAVE Books? Our mission is to be the brand parents trust with their children's imaginations by creating a world, characters, and stories that not only enthrall them but build their character while doing so.

What is the message of brave? Brave shows a feminist message in Merida's resistance to being told what to do and insistence that she choose her own fate. Patriarchy is rooted in a belief that women are inferior and should therefore relinquish their free will to men.

Is Brave rated G? Everything from Brenda Chapman is textbook Pixar class and charisma, but once Mark Andrews gets the reins (and you WILL know when it happens), the film takes an abrupt and uncomfortable shift towards the dark, and really challenges the boundaries of PG.

Is Only the Brave appropriate for kids? Good but Mature Very interesting movie but certain scenes make it too mature for young viewers. There is sex talk and a good amount of swearing, and a main character does drugs and is shown smoking in the beginning of the movie though he does stop as the movie progresses. There are also deaths and some violence.

Is brave appropriate for a 6 year old? Age range: Brave is rated PG for "Parental Guidance Suggested." Common Sense Media recommends Brave for ages 8 and up, because of some "very scary scenes"; but their review also notes that Brave might be suitable for children as young as 6, depending on the child.

What age rating is brave?

What age range is the outsiders for? A very good read for any reader S.E. Hinton's, The Outsiders is a great book for elder kids and young teens to read. I recommend the book for 11 years and up.

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