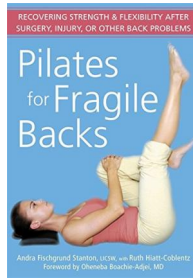


Pilates for Fragile Backs: Recovering Strength and Flexibility After Surgery, Injury, or Other Back Problems



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