

# Eccentric Exercise Slant Board

the result is a weak urinary stream, hesitancy, and other uncomfortable urinary symptoms such as increased frequency and urgency during the night.

## **eccentric exercise slant board**

characterized by pain and swelling, the disease emerges in hand, hip, knee and other commonly used joints where degradation of cartilage and synovial fluid results in bone-on-bone abrasion

exercise slant board