

Victor Surma Touts Yoga's Role in Orthopedics

Written by Australian Business

VENICE, CA, October 15, 2013 **/24-7PressRelease/** -- According to Victor Surma, orthopedic consultant, yoga is about more than just flexibility, serenity, and meditation. It is also ideal for anyone who wants a healthier mind and a healthier body. In fact, it can even have positive orthopedic implications. A recent article from Nevada Business confirms as much; Victor Surma has responded to the article with a new statement to the press.

The Nevada Business [article](#) calls upon the expertise of Dr. David Silverberg, who practices at Silver State Orthopedics--and who is an outspoken advocate for yoga. He says that stress on joints can lead to injury, but that joints are happiest and healthiest when they can move freely and achieve their full, natural range of motion. As such, stiff, tight joints can cause painful disruptions to the body's natural motion and harmony--but yoga can go a long way toward warding off these problems.

"Unlike some sports, which call for stop-on-a-dime direction changes that can stress and damage joints, yoga allows for slow entry and exit from poses," the article states. Indeed, Nevada Business contends that, while yoga has long been practiced by those zealous for overall health and fitness, it continues to win numerous new converts--including many who see the immense orthopedic benefits.

Victor Surma is among them. A long-time sales professional and consultant in the field of orthopedics, Victor Surma is also a big believer in the power of yoga. He reveals as much in his new statement to the press, saying, "Yoga has multiple benefits for patients. I personally have been practicing yoga for years and highly recommend it for patients with joint pain. All the surgeons I work with recommend it to their patients both pre- and post-op."

Even among those who love yoga, there are many variations in style and in motive. For example, Nevada Business makes note of the burgeoning practice of "hot yoga." Says the article, "Some people have gravitated toward hot yoga, performed in rooms heated to 95 to 100 degrees Fahrenheit with 40 percent humidity." The article suggests that when the muscles are warmer, it is easier to achieve a full range of motion--which might explain some of hot yoga's allure.

Continues the article, "Hot yoga may also encourage people to continue with workouts longer... its practitioners may perceive themselves to be working harder, and benefiting more, than people in normal-room-temperature yoga environments. The American Council on Exercise study, though, concluded that the physiological results from the different settings were minimal."

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The main thing is for those seeking orthopedic benefits to simply begin their yoga programs and then stick to them. The more muscle they tone, and the more limberness they develop, the better it is for their overall health.

Victor Surma is a top-ranked sales professional, working in the field of orthopedics.

ABOUT:

Victor Surma is a sales professional with years of experience selling medical implants for orthopedics. He was recruited for this work directly out of college, and in his first year he was nationally ranked as the #1 rookie salesman in orthopedics. He was then the #1 national seller in 2011, and the #2 national seller in 2012. As an orthopedic consultant, Surma is highly successful, and also highly passionate about what orthopedic medicine can do.