

เอกสารอ้างอิง

ถือศีล คิฐวัฒน์ไอยชิน. (2551). โยคะบำบัดสำหรับชาวอฟฟิศ. กรุงเทพฯ: เกียวโอด เนชั่นติ้ง เชอร์วิส

นงเข้าร์ นานิตย์. (2553). ผลของการออกกำลังกายโดยการยืดกล้ามเนื้อต่ออาการปวดหลังส่วนล่าง และความสามารถในการปฏิบัติภาระในผู้รับงานเย็นเลือดผ้าไปทำที่บ้าน. วิทยานิพนธ์ พยาบาลศาสตรมหาบัณฑิต สาขาวิชาพยาบาลอาชีวอนามัย, บัณฑิตวิทยาลัย มหาวิทยาลัยเชียงใหม่.

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รักชนก ชูเจียน. (2551). ผลของโยคะต่อการพื้นสภาพหลังผ่าตัดในผู้ป่วยที่ได้รับการผ่าตัดซ่องท้อง. วิทยานิพนธ์พยาบาลศาสตรมหาบัณฑิต สาขาวิชาพยาบาลผู้สูงอายุ, บัณฑิตวิทยาลัย มหาวิทยาลัยสงขลานครินทร์.

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