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Hello,

You have told us that you have certain muscle weaknesses and that you are no longer able to perform certain everyday actions. This is probably due to a lack of muscle tone.

The best advice I can give you is to do everything you can to regain strength by practicing what is called muscle strengthening.

I recommend that you consult your doctor, who can advise you on good practices to regain tonus by practicing an adapted physical activity.

I also recommend that you find out about existing associations or clubs in your area and explain your case so that you can receive the guidance you need.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical supervision in connection with a practice of physical activity safe, adapted and perennial to give you a good muscle tone.