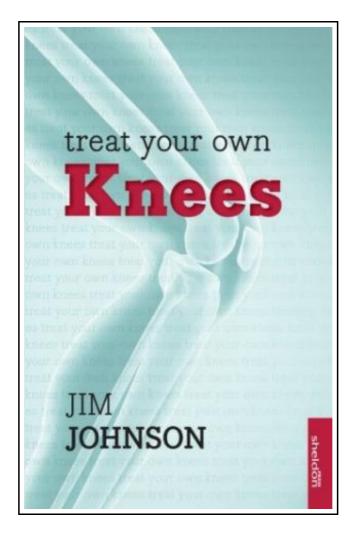
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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.

(Nakia Toy Jr.)

TREAT YOUR OWN KNEES



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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Treat Your Own Knees, Jim Johnson, This is an effective, practical, easy-to-use book of exercises to strengthen knees and prevent pain and problems. Written by a physical therapist, this book uses simple, effective do-it-yourself treatments for knee pain, backed up by several drawings and illustrations that clearly show the correct way to perform the exercises. It shows how to improve four vital functions - muscular strength, flexibility, responsiveness and endurance, showing what their role is in maintaining movement and knee health, and why they are each essential. The last chapter is a "master plan" that pulls together all the concepts and exercises into a time-efficient exercise programme.



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