

ExercisesForInjuries.com

HIP PRIMER WORKOUT

Get Back to Pain Free Workouts



Rick Kaselj, MS

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Suite #2289 - 3151 Lakeshore Rd

Kelowna, BC V1W 3S9

Canada

E-mail: support@ExercisesForInjuries.com

Webpage: www.ExercisesForInjuries.com

Phone: (888) 291-2430

Fax: (604) 677-5425

Disclaimer

Hip Primer Workout is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



Introduction

Chapter 1: Introduction to Hip Primer Workout

Hey, this is Rick Kaselj from ExercisesForInjuries.com. I want to welcome you to the Hip Primer Workout.

Before we get to the 13 exercises involved in the Hip Primer Workout, I want to go through what a Primer Workout is. The Primer Workout is my version of a warm-up. What I find lacking with a lot of warm-ups out there is they don't prime or prepare the body fully when it comes to exercise, activity, or sports. A lot of times you'll end up targeting things in one or two dimensions. With the Primer Workout, it targets things a lot more. Let me explain how, looking at the word P-R-I-M-E-R.

Starting with P, the Primer Workout prepares the body. We go through movements and exercises that **prepare** the body for what you are going to go through. It could be a workout or it could be an activity or sport.

Secondly we look at the R. We're looking at working **range of motion**. So with all the exercises, we're trying to work on the full range of motion at that joint.

Third thing we're looking at, the I, we're looking at **isolation**. We want to isolate that specific joint and target movements and exercises for that specific joint, hence this is the Hip Primer Workout.

Next what we want to do is M, **movement**. We want to target all the movements the joint ends up doing. And a lot of times with the regular warm-ups, they don't cover all the movements that the joint does.

We're looking at E now, **endurance**. We want to work on the endurance side of things when it comes to the muscles around the joint.

And lastly, R, **resistance**. When it comes to the Primer Workout, we want a little resistance in order to activate the stabilizing muscles and activate the primary muscles around that joint.

Other benefits from the Primer Workout is we lubricate the joints. So with non-weight bearing movement, we lubricate the joints. The joints in the body are self-lubricating. As you move that joint, the joint lubricates more and the joint moves easier.

Another benefit with the Primer Workout is we're activating the stabilizing muscles. So before your workout or the activity you're going to do, if you've been sitting, sitting for a long period of time turns off the stabilizing muscles. Each joint has muscles that stabilize it, and those stabilizing muscles protect that joint from being damaged.

The other thing that we're doing with the Primer Workout is we're getting the mind ready for what you're going to do next. If what you've been doing before is sitting and working, or driving, you're not really fully into the exercise or workout that you're going to go into. The Primer Workout prepares your body, it gets your mind into what you're doing, and it starts connecting your mind to the joint that you're working.

Lastly, we're working on grooving good motor patterns. With each joint, there tend to be primary movements it ends up doing, and we're going to focus in on that when it comes to the hip.

That gives you a little bit of a background when it comes to what a primary workout is. We'll move on to the 13 exercises in the Hip Primer Workout.

Chapter 2: Shoulder Primer Workout - Group 1

These are the first 3 exercises of the Hip Primer Workout.

1. Forward and Back Leg Swings

The first one is Forward and Back Leg Swings. Grab onto something for support, because I'm not worried about balance here. I'm trying to isolate the specific hip joint when it comes to the movement. We're looking at working all of the movements when it comes to the hip. That's why we have 3 exercises when it relates to this swing.

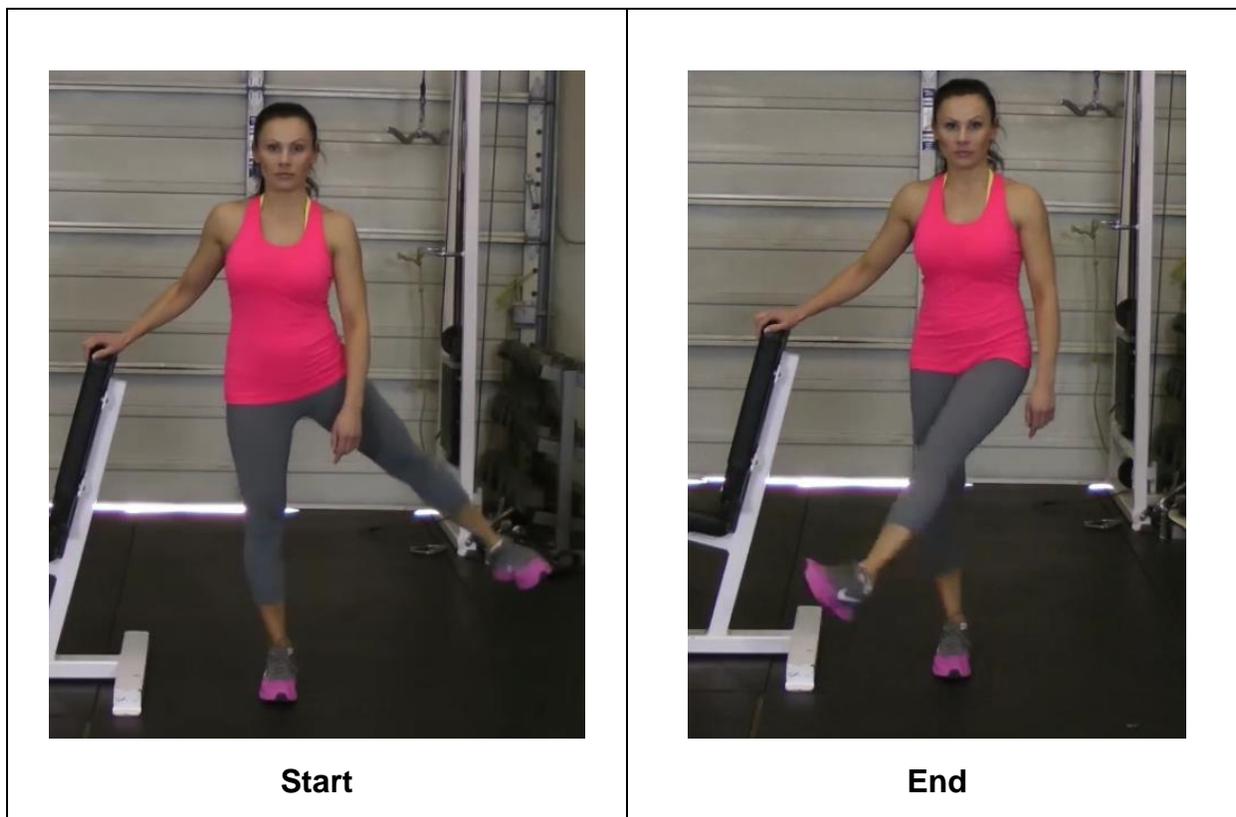
Swing your leg forward and back. And when you're swinging it forward and back, the curve in your back isn't changing, you're trying to have it all happen at your hips, and you're going from 45 degrees behind, and 45 degrees out in front.

You're doing about 8 to 10 repetitions. We're working on that hip joint in that sagittal plane, that forward and back plane.



2. Leg to Side Swing

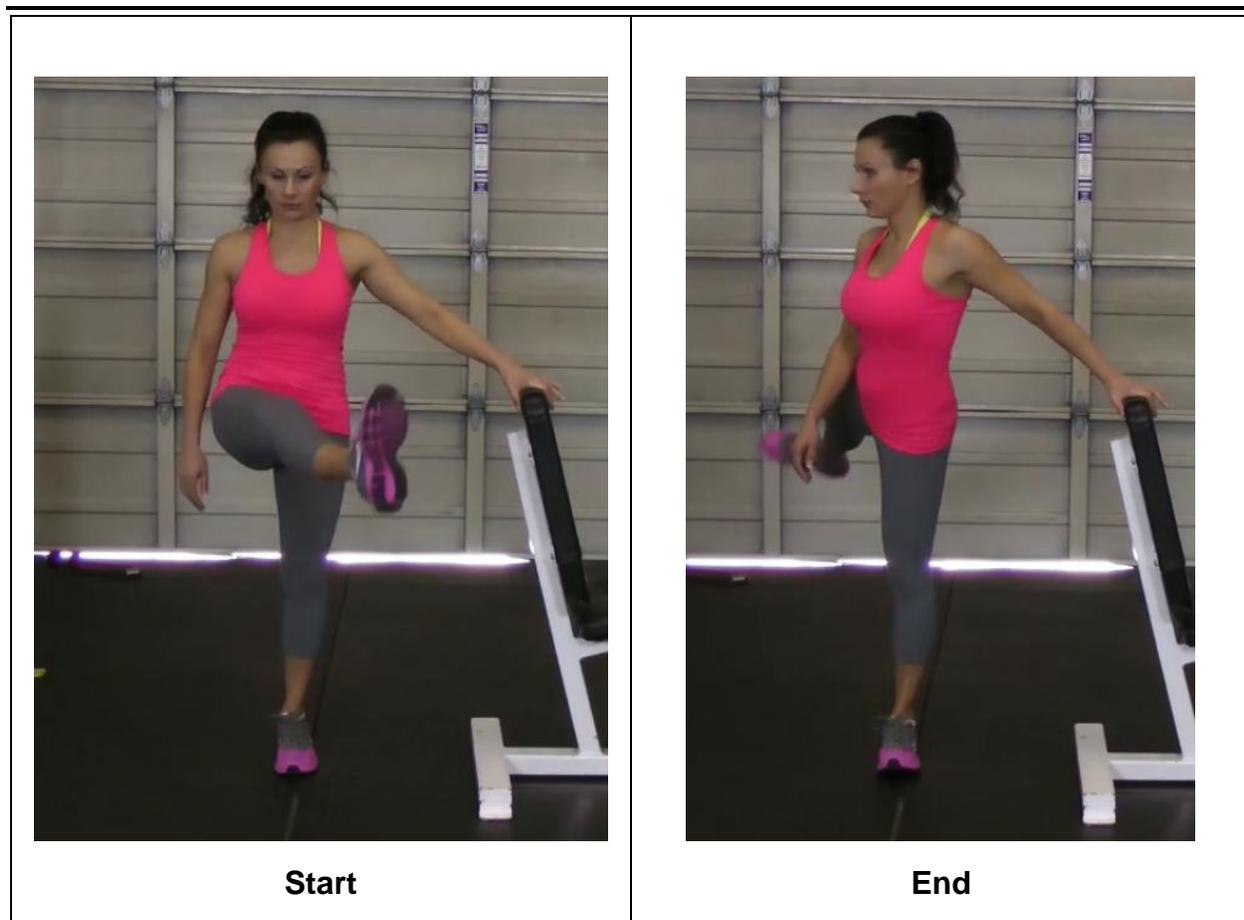
The second exercise is Leg to Side Swing. Swing the leg out to the side about 45 degrees, and then swing it back in. With the 3 swing exercises, we're working on dynamically stretching the muscles, we're also working on activating those stabilizing muscles, and then also lubricating up that joint.



3. Diagonal Leg Swing

The third one is a Diagonal Leg Swing. Come from across your body. You're rotating, and that leg that's stabilizing, you're rotating in the pelvis, so we're working the opposite hip as well, and you're coming across your body at a 45-degree angle.

Hip Primer Workout



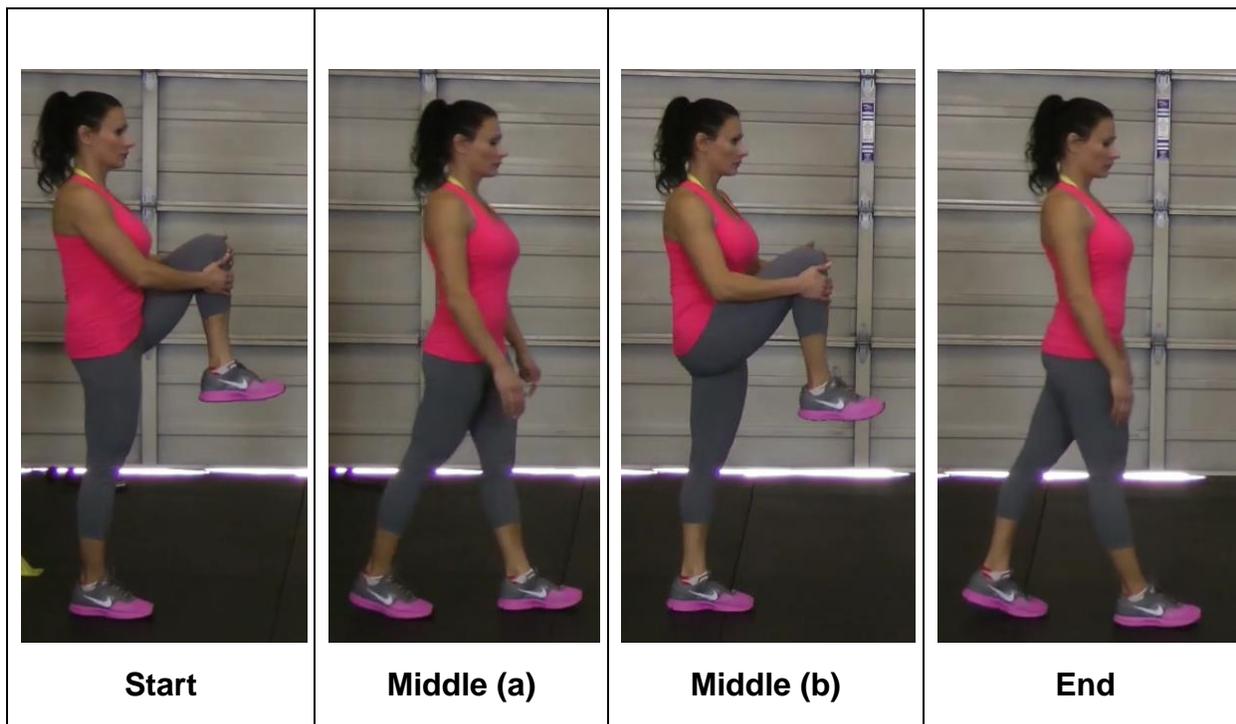
With those three exercises are swing exercises, and we target the hip through all of its ranges of motion, forward and back, side to side, and rotation. Let's move on to the next group of 3 exercises for the Hip Primer Workout.

Chapter 3: Shoulder Primer Workout - Group 2

The second group of 3 are more hip drills that we're going to focus in on.

4. *High Knees with Knee Pull*

The first one is High Knees with Knee Pull. Bring your knee up, pull a little bit further, step forward, bring the knee up, pull a little bit further, step, knee up, pull a little further, and just going back and forth. So upper body's nice and straight, stabilizing on that one leg, and then using your hands to pull a little bit further so that we are working more of that range of motion in that hip, that end part of flexion in the hip, and we're working on activating those stabilizing muscles of the leg that's holding the body up.



5. Heels to Seat with Knee Back

The second exercise in this group is Heels to Seat with Knee Back. Try to bring your heel towards your seat. But the important thing is trying to bring that knee back a little bit. You're looking at getting a light stretch in that front of the hip. You're not trying to drastically change the curve in your back.

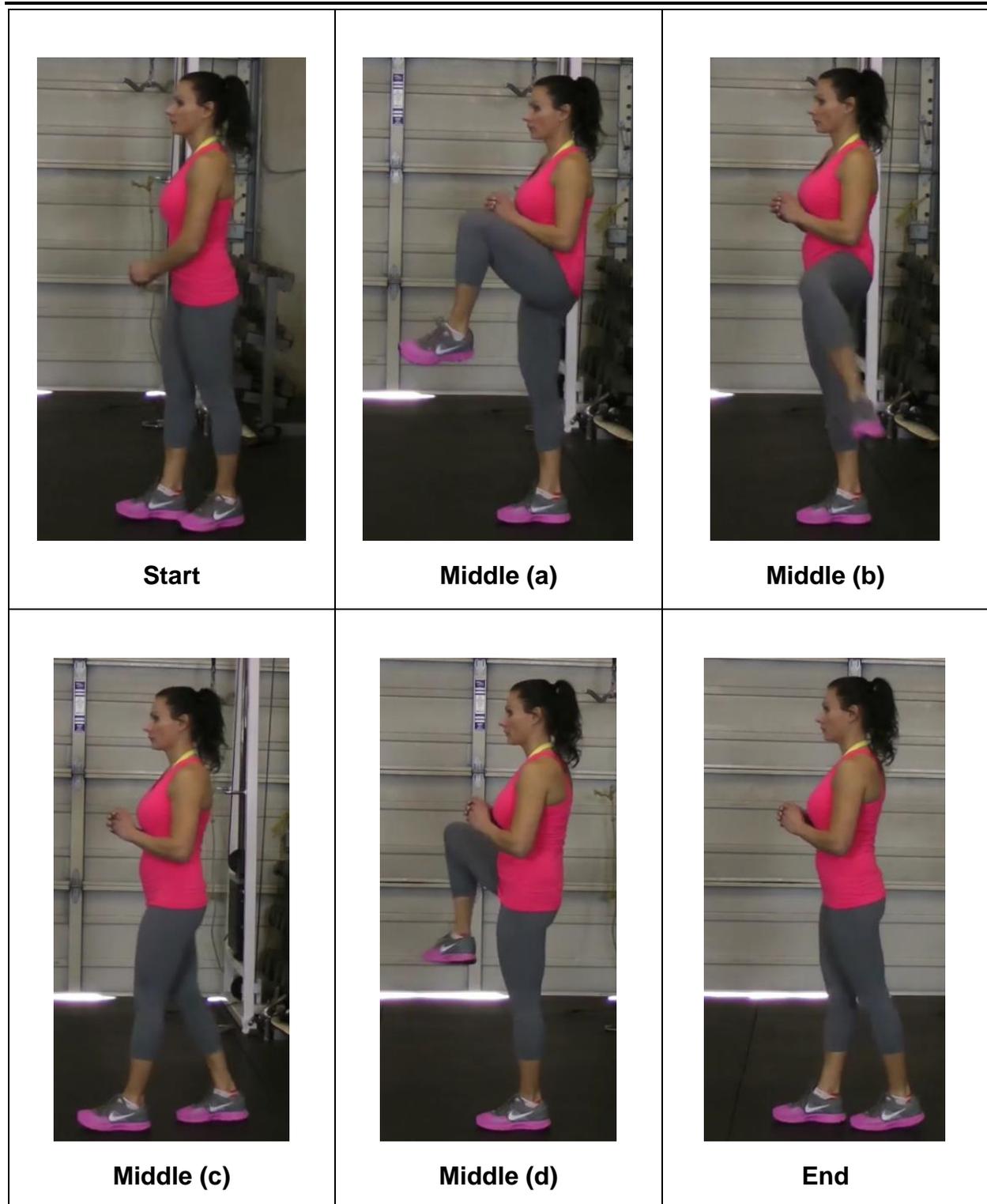
So heel to seat, bringing that knee back a little, looking at feeling it at the front of the hip. Now what we're working on is the range of motion of that hip, but working at it more when it comes to the extension part, bringing that thigh back.



6. High Knee with Half Knee Circles

The third one is High Knee with Half Knee Circles. Bring your knee up to about hip height, and then bring that knee out to the side, and just alternate back and forth. Coming up, bringing that knee up. You're stabilizing on that one leg, bringing that knee up, bringing the knee out to the side.

Hip Primer Workout



Now we're working on that rotation part of the hip.

Hip Primer Workout

You've gone from the knee up and out, now you're going to bring the knee out and bring it back in, so going in the opposite way. Stabilize the other leg, bring that knee up and then bring the knee in. So you're going through both of the movements.



Start



Middle (a)



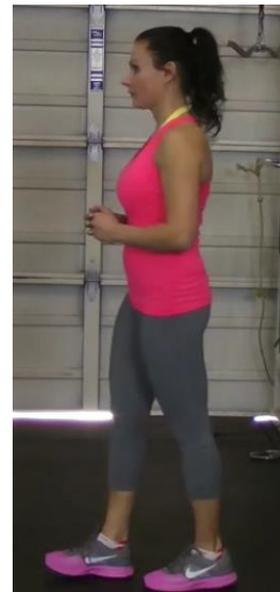
Middle (b)



Middle (c)



Middle (d)



End

Just like with the other group, we're looking at through about 8 to 10 repetitions. And with each of these groups, do a self-check to see how you feel. How do your hips feel? Do they feel better or worse, or better or worse when it comes to the other group that you've done?

With this one, you should feel the stabilizing muscles are a lot tighter, and then also the hip joint a lot looser.

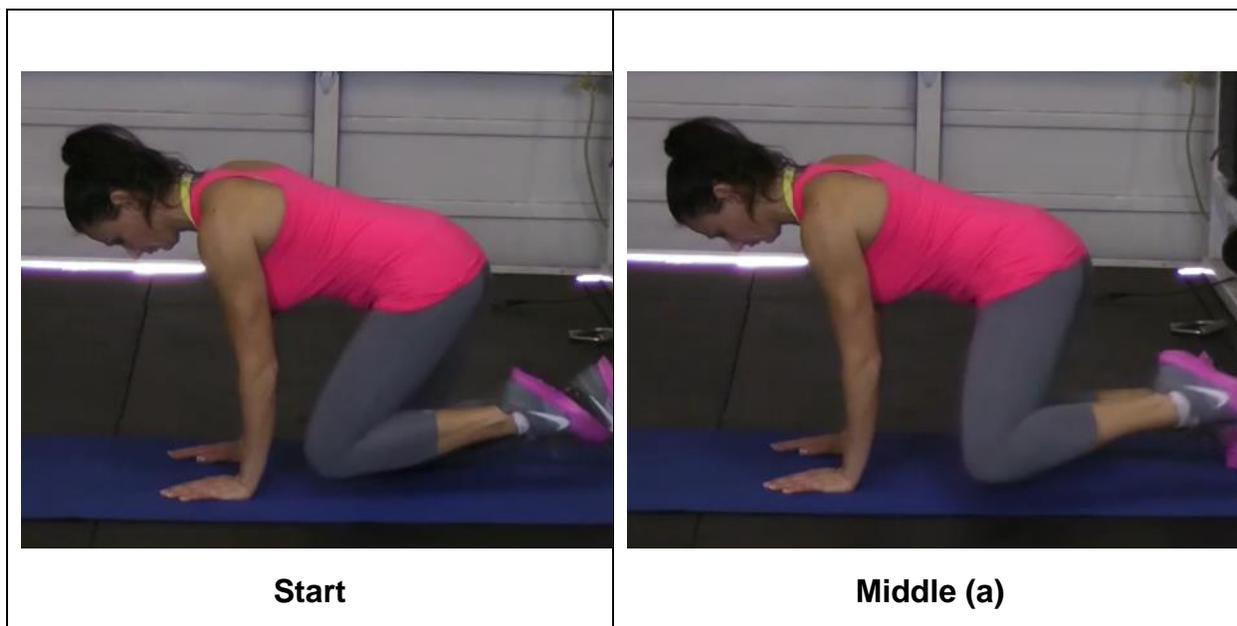
Chapter 4: Shoulder Primer Workout - Group 3

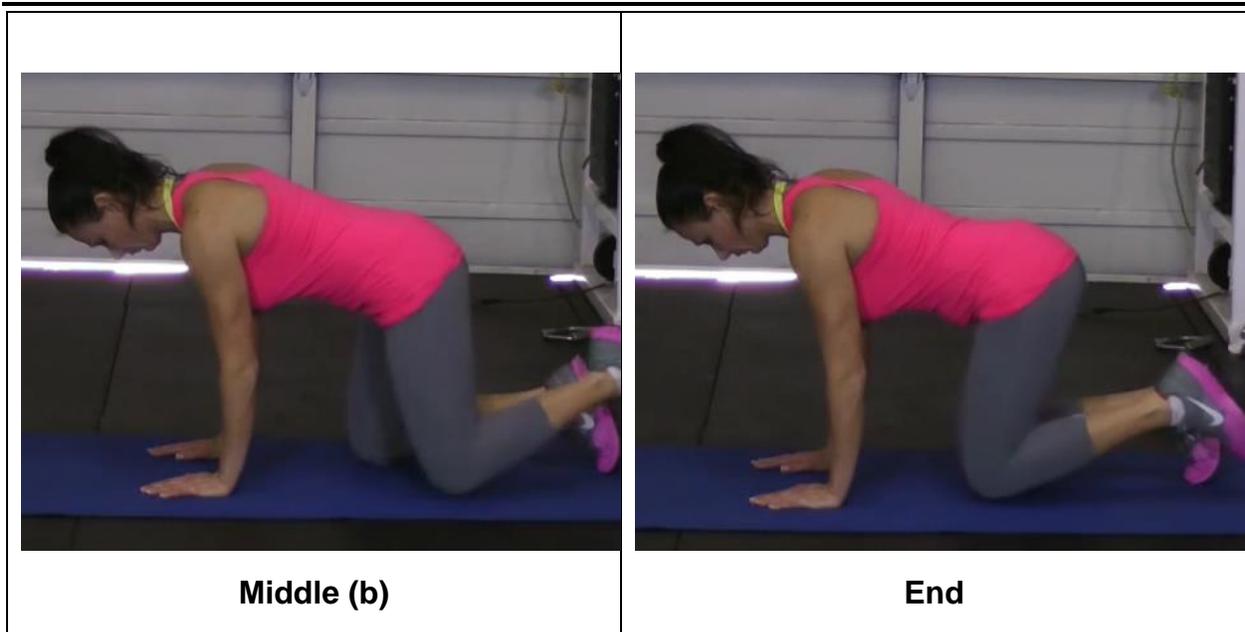
Now we're going through the third group when it comes to the Hip Primer Workout, and this is also 3 exercises. They're in a four-point position.

7. *Four Point with Knee Circles*

The first one is a Four Point with Knee Circles. Hands are underneath the shoulders, knees are underneath the hips, knees are separated a little bit. Then you're going to bring your knee out to the side, and you're going to go through little circles. You're starting off with smaller circles and going into bigger and bigger circles. When it comes to the back, you're trying to keep the curve in the back the same, and focusing in on that movement just in the hip.

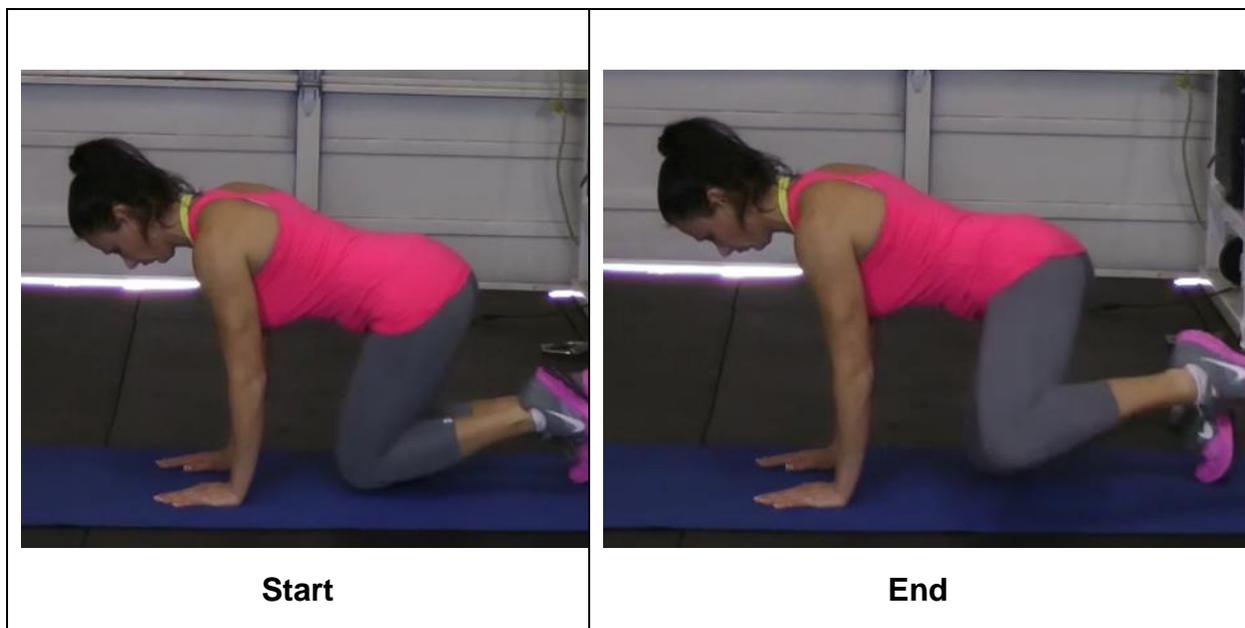
Just like with the other ones, you're looking at 8 to 10 repetitions. And you can go one direction, and then you can go in the opposite direction.





8. Four Point Knee to the Side

Now we're moving on to the eighth exercise, the Four Point Knee to the Side. In this four-point position, bring the knee out to the side, and then back, and then bring the knee out to the side again. Once again we're going through 8 to 10 repetitions.



9. Isolation Leg Kicks

The ninth exercise is Isolation Leg Kicks. You're going in that four-point position, you're rocking back, you're going to straighten out one leg, and then you're just going to do little kicks in that leg that's straight. You're really targeting the glutes.

If you're not able to get into this position because of your knee, you can bring the leg up, bending at the knee, and then you can just bring that knee up and back, and up and back.



Start



End

Looking at the Hip Primer Workout, if there's a section of exercises that you want to cut out because of time, you can cut out these 3 exercises because they overlap with the group we did before. I like doing them also because you get more benefit when we combine the group before with this one. But if you are short on time and want to decrease the length of the workout, you can cut out these 3 exercises

Now we'll move on to the last group, the fourth group, which has 4 exercises.

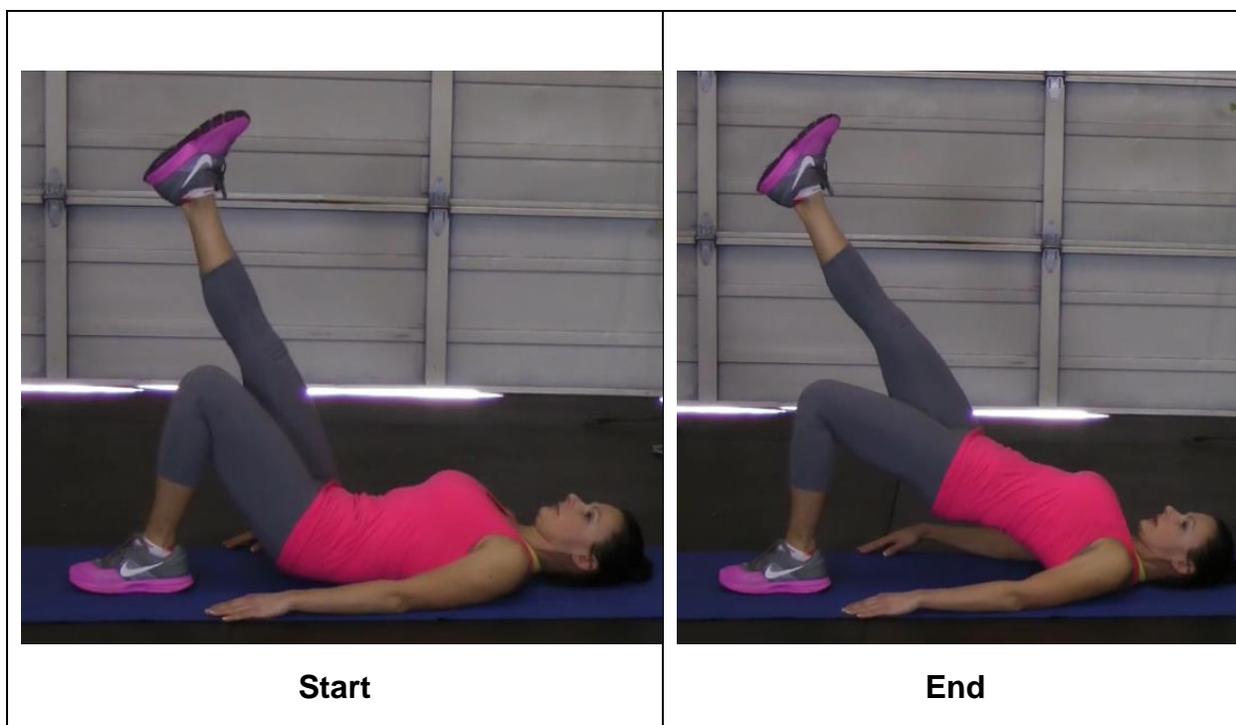
Chapter 5: Shoulder Primer Workout - Group 4

Now we're going to go through the fourth group of exercises for the Hip Primer Workout.

10. Single Leg Bridge

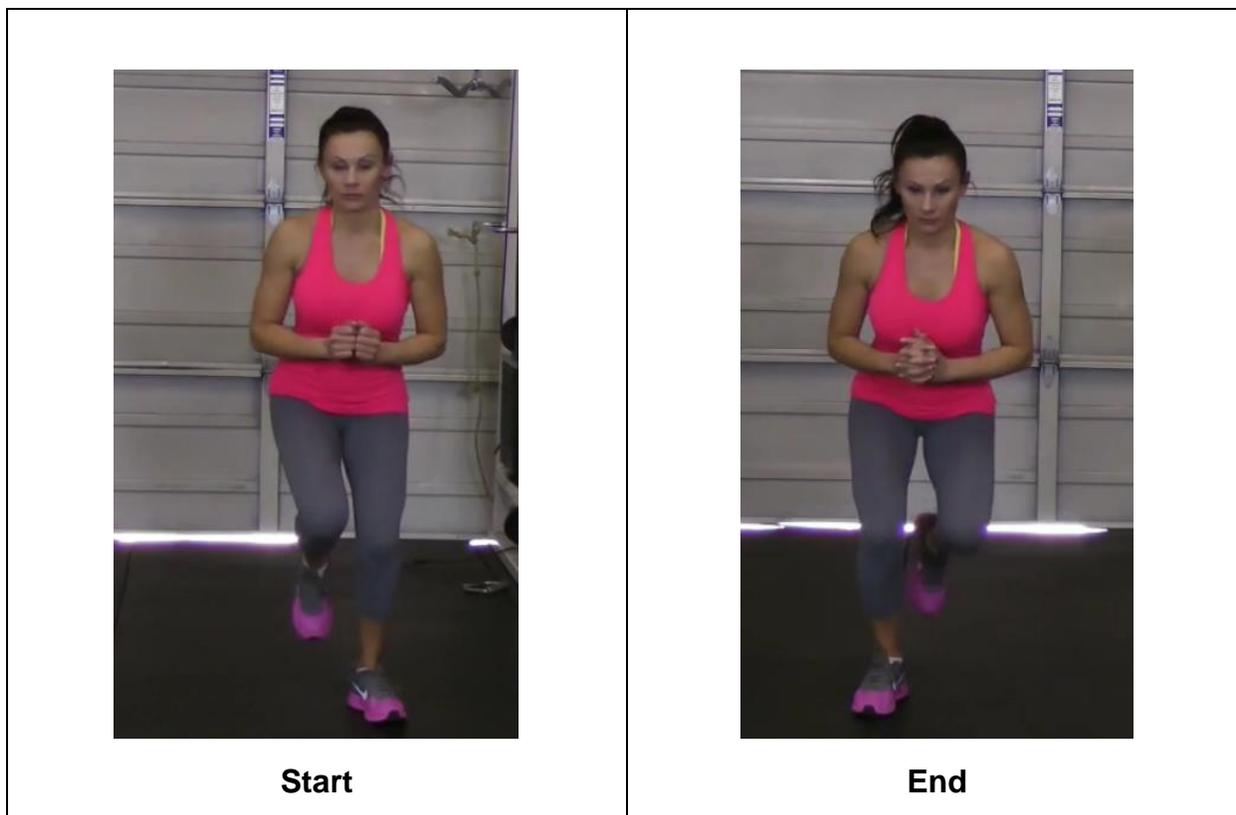
The next exercise is the Single Leg Bridge. You're lying on your back, assuming whatever knee bend position you want, you're going to straighten that leg up, then you're going to push through that heel, lift your hip up, have it so your knee, hip, and shoulder are in a line, and you're going to go through 10 repetitions.

You're coming up, holding, back down, up, holding, and back down. Do 8 to 10 repetitions on each side. With this one, we're really targeting that glute max, and really waking up that glute max.



11. Side to Side Hop

We're going to move from the mat, and we'll move up into standing, and we'll go through the eleventh exercise, a Side to Side Hop. You're just imagining that there's a line on the floor and you're stepping over that line, going from side to side. We're challenging those stabilizing muscles of the hip when it comes to the direction of side to side movement.

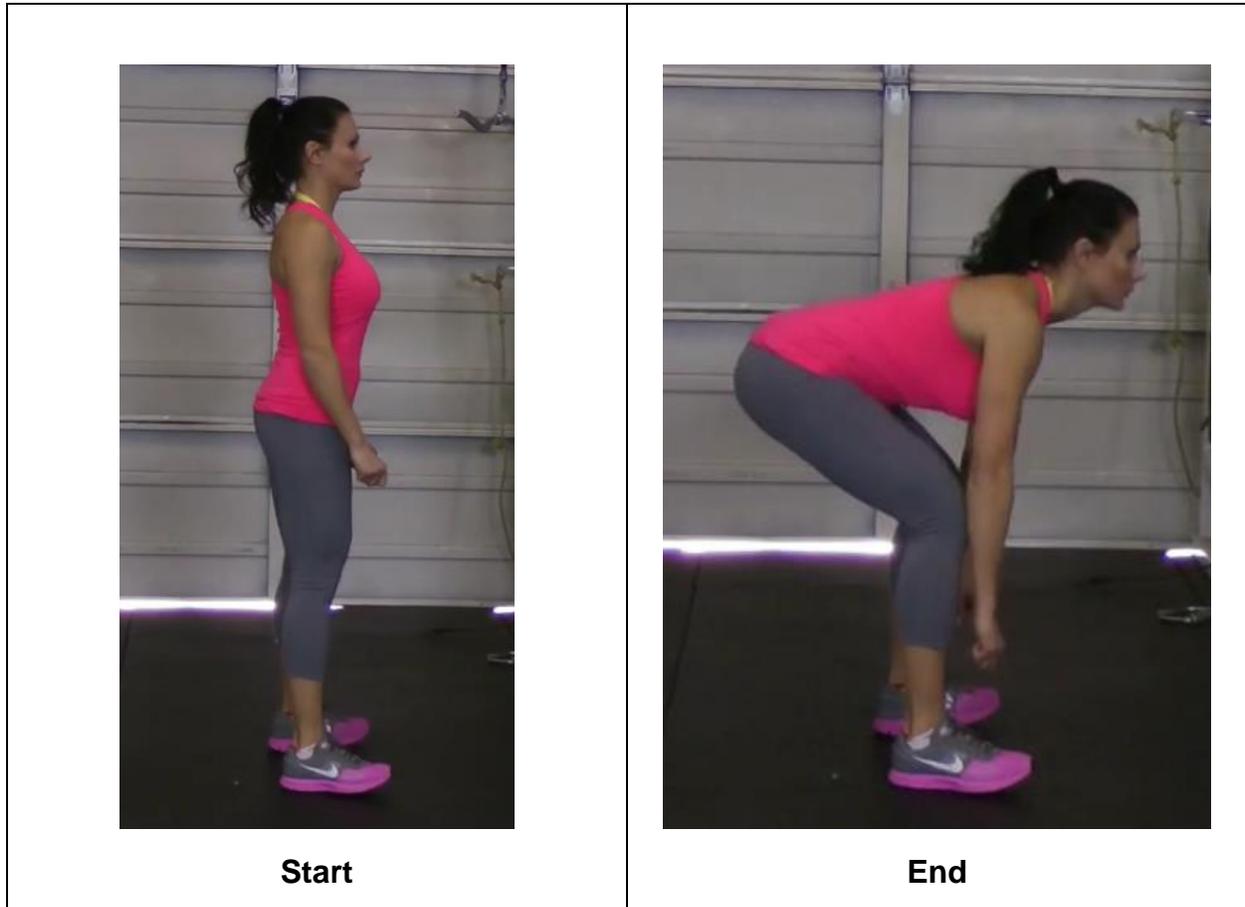


12. Body Weight Deadlift

Then we're moving into the next exercise. #12 is a Body Weight Deadlift. Now we're really trying to groove the proper movement patterns that we do when it comes to our workout or the activity that we end up doing.

You're slightly bent in the knee, focusing in on the movement happening at the hips, the rest of your body is nice and straight, so come down, and then really come to straight.

We're really working on that hip movement. And a key thing is, when you're coming back up to the top, you're really straightening out that hip. A lot of people keep a bend in that hip. We want to straighten it out. Some people might feel a light stretch.

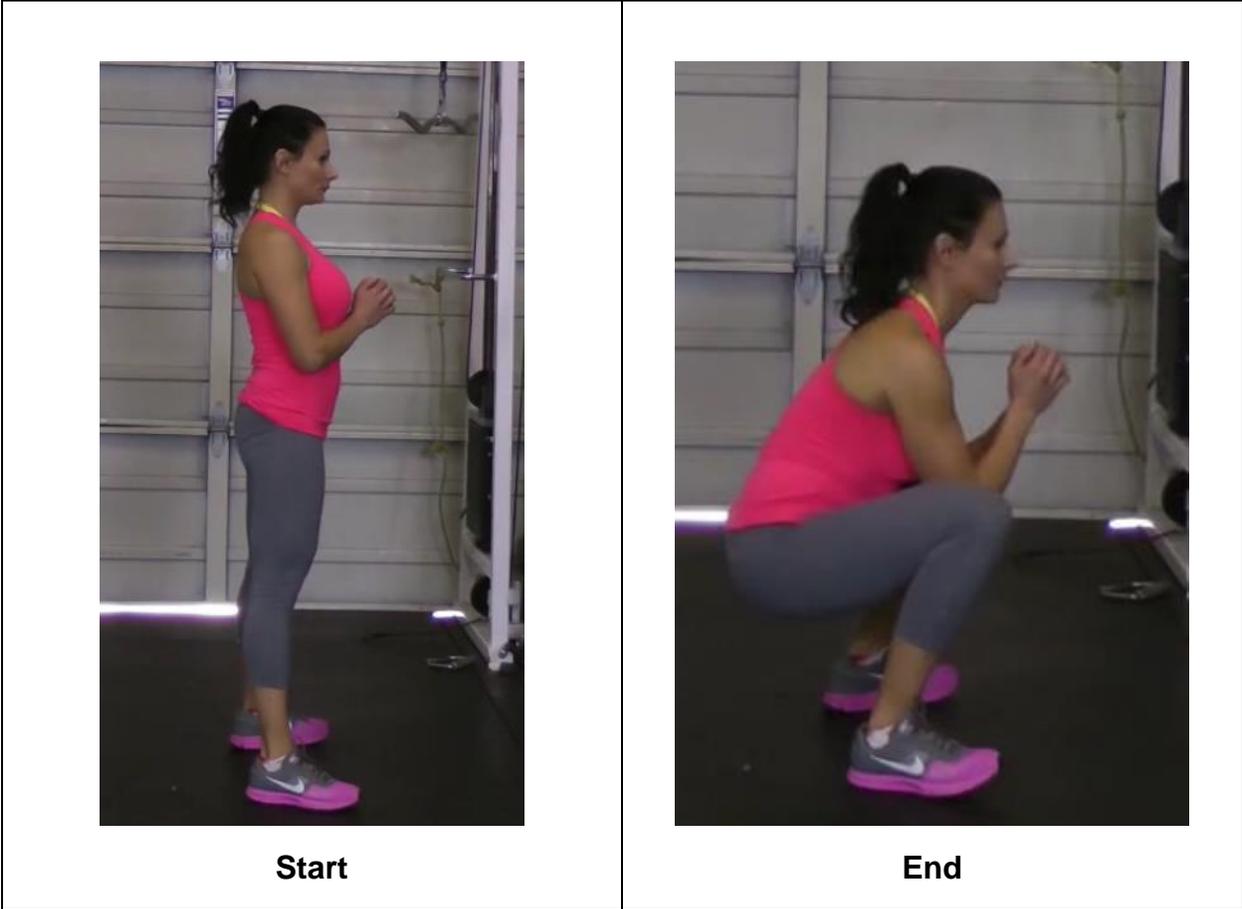


13. Body Weight Squat

Then the last exercise is the Body Weight Squat. Find a comfortable stance, squat down and back up. I want the hips just to drop past the knees, because when you do that, it puts more load and forces the glutes to work harder.

You're assuming whatever wide foot position works best for you, trying to keep that upper body nice and straight, the curve in the spine stays the same, and then you're coming back up.

Just like all the other ones, we're looking at doing 8 to 10 repetitions.



Chapter 6: Final Wrap Up

Just like I mentioned before, in each of the groups, the first time you go through it, see how your hips feel and how your body ends up feeling after each group. See if you're getting a benefit or no benefit from it. If you're not getting any benefit from it, leave that group out. But I encourage you to give each of them a go and see how you feel, and see how you feel going through all four groups of them.

That is the full Hip Primer Workout. This is Rick Kaselj from ExercisesForInjuries.com. Make sure to swing by ExercisesForInjuries.com, enter in your injury or pain. There's a good chance I have a video or article or interview that will help you overcome your injury or pain.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Hi, I'm Rick Kaselj. **I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life.**

I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.

With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN.

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... *does not work!*

Some of the most effective methods I've discovered for eliminating pain and healing injuries are counterintuitive... and they required diligent research, testing, and creativity to discover.

People get the best results when they follow a program that's been properly designed. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

I've learned that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:

- I've been in the fitness and rehab industry since 1994.
- I spent 6 years at University studying kinesiology, corrective exercise and therapeutic exercise, and got my Master's Degree in exercise science.
- I have 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.

WHAT MY CLIENTS AND CUSTOMERS SAY:

“Your exercises have changed my life. I have been in constant pain for 15 years.” **Shelley Watson, Carmel, CA**

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.”
Tracy Walker, North Carolina

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.” **Cher Anderson, Athens, TN**

“Thank you Rick, you saved my career!” **Marco Mura, Professional Forester, Sardegna, Italy**

“I used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.” **Audal Acosta**

I HAVE A FREE GIFT FOR YOU...

THAT WILL START DECREASING YOUR PAIN NOW!

Before we go any further, I want to send you some of my very best stuff FOR FREE!
It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

I don't want to give away too much here, but...

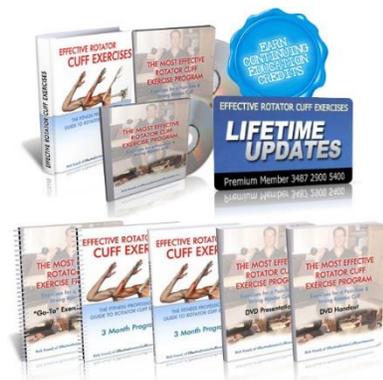
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at: www.ThePainHacker.com/free-DVD-2

Other Products from Rick

Heal Rotator Cuff Injuries FAST

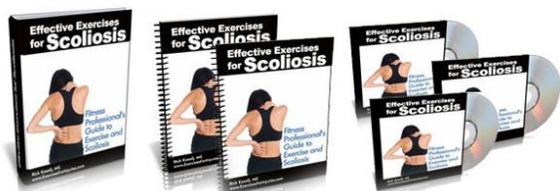


This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- Why exercises that strengthen rotator cuffs do not necessarily decrease pain and increase range of motion in your clients' shoulders
- Why you shouldn't give the same exercises to every client with rotator cuff problems
- How to PROPERLY design an exercise program for the rotator cuff (I spent an entire year researching this at university, and wrote and published a paper on it in the Canadian Journal of Kinesiology)

Learn more at: www.EffectiveRotatorCuffExercises.com

Scoliosis Secrets

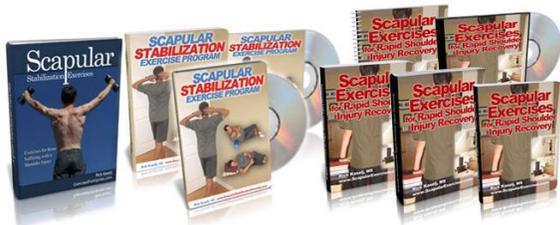


In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- The Three 'O' medical treatments for Scoliosis, and step-by-step instructions on how to do them
- The 7 different types of Scoliosis... how to diagnose your clients... and which exercises to prescribe for each
- CLIENT HANDOUTS that you can copy and give to your clients, completely DONE FOR YOU!

Learn more at: www.EffectiveExercisesForScoliosis.com

Scapular Stabilization Secrets



This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components

Learn more at: www.ScapularStabilizationExercises.com

Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

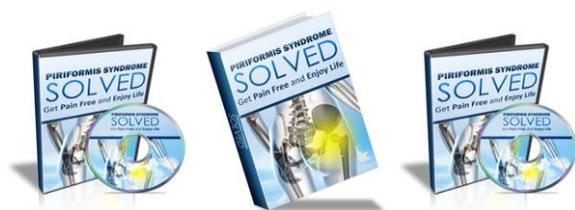


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: www.AchillesTendinitisExercises.com

Eliminate Piriformis Syndrome



The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:

- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: www.PiriformisSyndromeSolution.com/end-piriformis-pain

Fixing Tight Hip Flexors



This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: www.FixingTightHipFlexors.com

Heal Back Pain (Gluteus Medius Strength Program)



This exercise program **ELIMINATES BACK PAIN** by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and much more):

- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: www.GluteusMediusExercises.com

Best Gluteus Maximus Exercises



This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:

- Stretches and exercises that actually make your Gluteus Maximus **WORSE**
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

Learn more at: www.BestGluteusMaximusExercises.com

How To Speed Up Recovery Between Workouts



SPENDING A CENT!

Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage, WITHOUT

Learn more at: www.RecoveryWorkouts.com

No More Neck Pain



What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

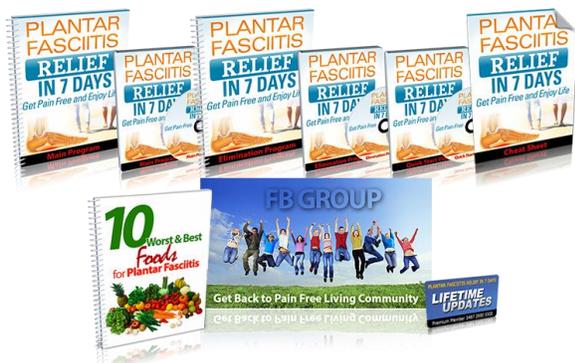
- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your

neck... not just a temporary fix

- What I learned working with hundreds of clients with neck pain that most other professionals will never know

Learn more at: www.NeckPainSolved.com

Erase Foot & Heel Pain (Plantar Fasciitis)



How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can do... that will get rid of your Plantar Fasciitis MUCH FASTER
- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: www.PlantarFasciitisReliefIn7Days.com/home11

Eliminate Thoracic Outlet Syndrome



FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don't re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: www.ThoracicOutletSyndromeSolved.com

Eliminate Pain After Your Knee Replacement



This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:

- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: www.KneeReplacementHandbook.com

Overcome Your Hamstring Injury

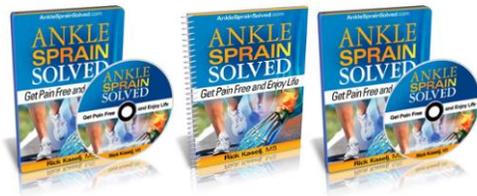


Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: www.HamstringInjurySolution.com

Ankle Sprain Solved



Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:

- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: www.AnkleSprainSolved.com

Fix Your Frozen Shoulder

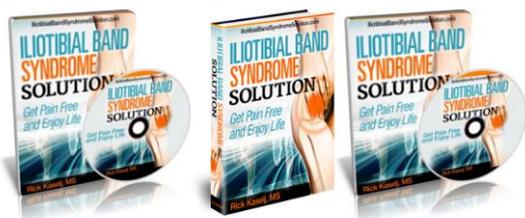


Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the things you'll learn:

- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: www.FrozenShoulderSolution.com

Iliotibial Band (IT Band) Syndrome Solution

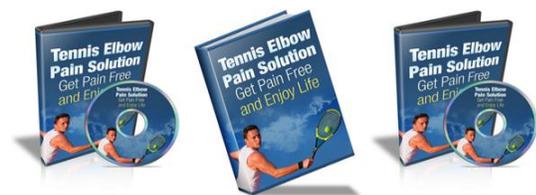


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: www.IliotibialBandSyndromeSolution.com

Eliminate Tennis Elbow

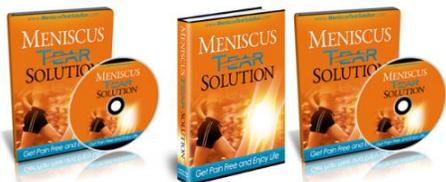


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: www.TennisElbowPainSolution.com

Mend Your Meniscus Tear



A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:

- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: www.MeniscusTearSolution.com

Lumbar Spinal Fusion Recovery Program



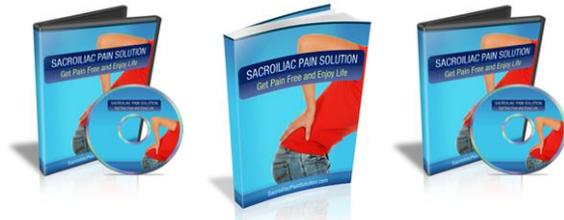
Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY - EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give

you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:

- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: www.LumbarFusionExercises.com

Eliminate Sacroiliac (SI) Joint Pain FAST



This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:

- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: www.SacroiliacPainSolution.com/end-si-joint-pain

Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)



Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things you'll learn in my program:

- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: www.PatellofemoralSyndromeSolution.com

Shin Splints Solved



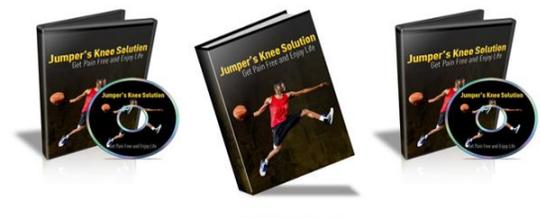
Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is HIGHLY -EFFECTIVE at eliminating Shin Splints and shin pain. You WILL be

running again – without pain – before you know it! Here's just a small sample of what you'll learn in my program:

- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus ONLY on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don't have you strengthen your ankles... and why you MUST if you want to erase shin pain

Learn more at: www.ShinSplintsSolved.com

Jumper's Knee Solution



Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper's Knee Solution program is for you! It's a video-based exercise program that will get you back to your sports in as little as 7 days. What will you learn?

- The specific exercises that will make your pain go away

FOR GOOD

- Which exercises you should NEVER do if you have Jumper's Knee
- The 10 simple steps you need to follow – IN THE CORRECT ORDER – to eliminate Jumper's Knee

Learn more at: www.JumpersKneeSolution.com