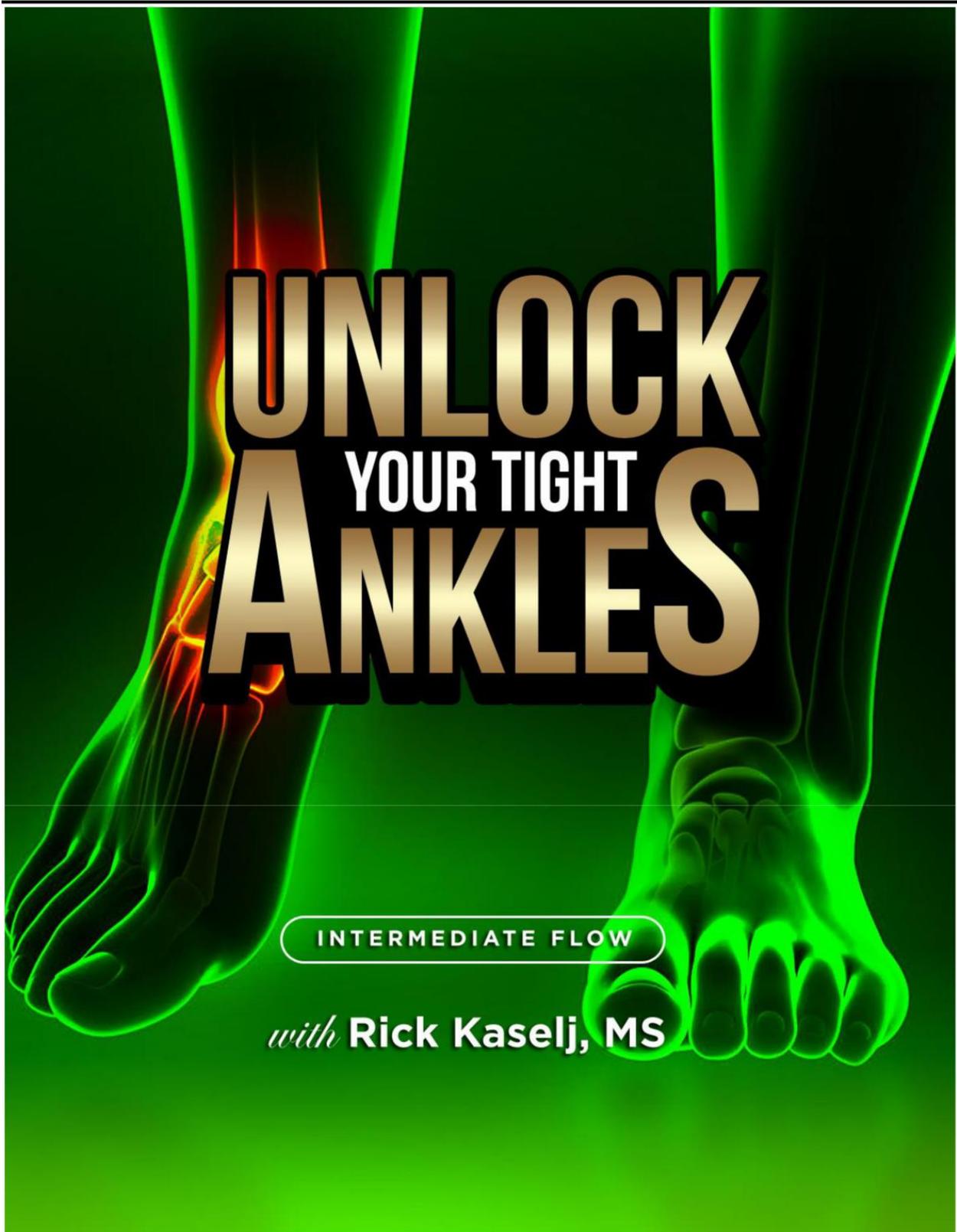


Unlock Your Tight Ankles



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ExercisesForInjuries.com

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Disclaimer

Unlock Your Tight Ankles Intermediate Flow 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.

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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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Unlock Your Tight Ankles

Introduction to the program

Hey, this is Rick Kaselj from ExercisesForInjuries.com and *Unlock Your Tight Ankles*.

I wanted to welcome you to the Intermediate Flow. This is the second flow, so this is the more challenging or advanced flow.

What I recommend is you start off with the Beginner Flow, and if it's too easy for you, you could progress to this flow, the Intermediate Flow. If this one is too advanced for you or too difficult, move back down to the Beginner Flow.

When it comes to Intermediate Flow, it's more challenging. It challenges the ankles more, we end up utilizing different modalities to unlock the ankles, and, instead of there being ten exercises, with this one, there's eleven. But, still, the flow is well below ten minutes if you go through things one round and one time with the suggested repetitions.

Always, the number one question people ask is, "How often can I go through this flow?" You can go through it as many times as you want. I don't recommend going over five times a day. Ideally, you can go with three times a day, and that's where you can start. Once in the morning, once in the afternoon, once in the evening.

That's where I recommend you start because you want to get ahead of things, you want to unlock and loosen up those ankles. Then, when things end up loosening up, you can do it once a day, and then, in the future, you can go into a maintenance program where you end up doing it every other day or every third day.

When it comes to your workouts, when should you do these? I recommend going through the flow before your workout. It will loosen up your ankles, which will help you perform better in your workout and get better results out of your workout.

Now we'll actually get into the flow. We'll start off with testing part. There are three tests you should do.

Assessment - How Do I Know My Ankles Are Tight?

Toes towards you and point toes [Dorsiflexion/ Plantar Flexion] – Are your ankles the same?



The first one is pointing toes towards you and away from you. What you're looking for is you're looking to see if you see a difference with both of the ankles or if both of the ankles have poor movement.

The key things that you're wanting to look for are: You want to see when you're bringing the toes back, that you're able to pass well past 90 degrees. If you're not able to, you definitely need to work on unlocking your ankles, especially in that movement. Dorsiflexion. Which we go through a lot in this flow and in the other Beginner Flow.

The other one is pointing your toes. With the pointing your toes, you almost want to have it go straight, but, ideally, at minimum, you want it to be able to go to 45 degrees. If you don't, then you really need to work on the plantar flexion side of things when it comes to your ankles.

It's a lot easier when you have someone here to look at things to see what you need to focus on, bringing the toes towards you or pointing away from you. If it's just you, you can set up a little camera and take a picture at the start and the end position and compare both sides.

Also, when you're bringing your toes back, if you feel lots of resistance or lots of tightness in the back of the calf, those are also good signs that you need to unlock your ankles. When you're pointing your toes, it ends up being more challenging to see or determine if you need to work on unlocking those ankles. But definitely bringing the toes back, and this is the number one problem with people, is they end up, based upon the shoes that they wear, based upon wearing shoes all the time, wearing high heels, having poor flexibility, they lack this dorsiflexion movement. That is the first test that you want to do.

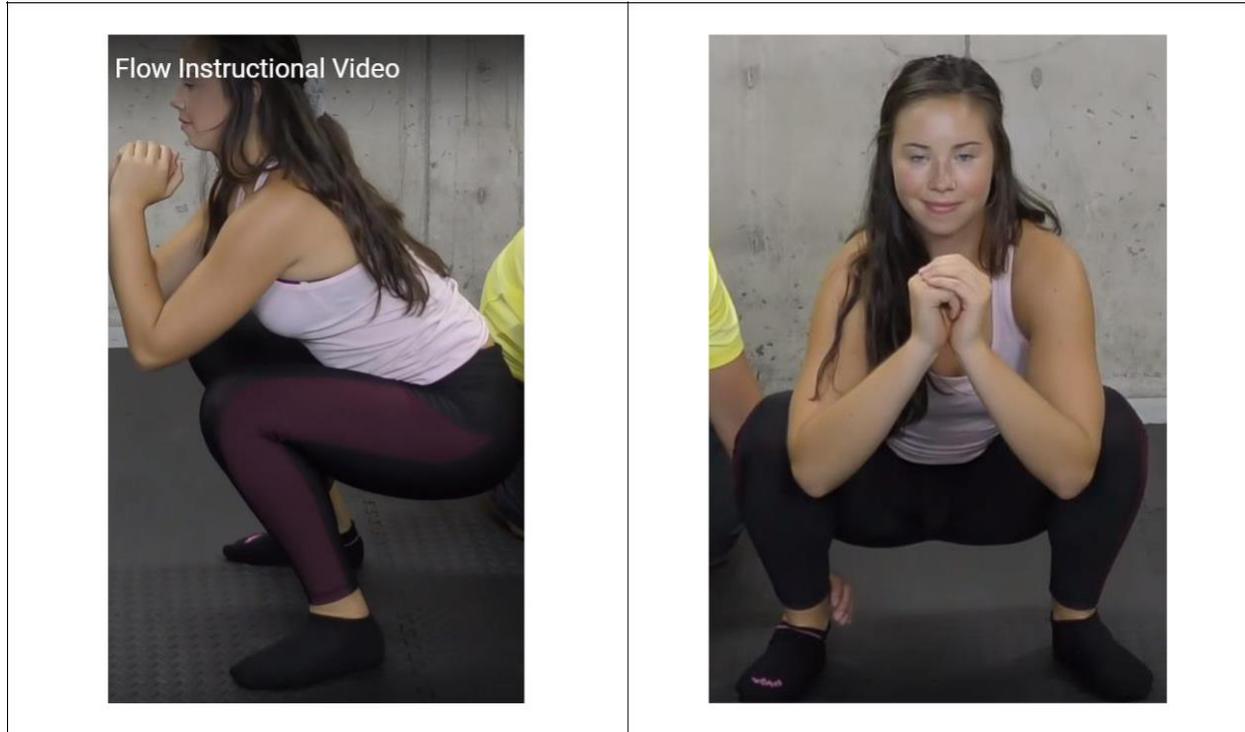
Perform Staggered Squat - Can knee go past toes?



The second test is a staggered squat. Can you get your knee past your toes? With this one we're really testing that dorsiflexion movement, bringing the top of the foot towards the shin. You can see with Jenna, she has good movement and she's able to get that knee well past the toes while still keeping that heel down.

You want to be able to get the knees past the toes. If you're not able to, you really need to work on that dorsiflexion and you want to compare both sides. And, once again, someone taking a look at you and comparing both sides, are you able to get that knee past the toes, or how does one side compare to the other? Are they the same or is there a difference? Having someone look at things will end up helping you or you can use your phone or a camera to record things or take pictures at the start and the end positions.

Perform a Full Squat - Do your heels come out?



Now the third exercise is doing a full squat. Squatting down and checking to see if those heels are coming off the ground. You're going through that squatting movement, and we want to see what is happening here in the heel. Does it stay down or does it end up elevating?

If you have lots of tightness in the calf and the Achilles tendon, you're going to get that tightness and the heels are going to pop up.

When you're in that bottom position, you want to see, does it feel like there's resistance happening in the ankle, that you're needing to work on that dorsiflexion, or are you feeling tightness in the Achilles tendon and calf? If you are, then we need to work on that and we will in the flow here.

Those are the three exercises to start off with to see, "Hey, do I have tight ankles, do I need to focus in on this flow, and where am I starting?" Then we want to look at those three tests again at the end to see how this flow has helped you improve things.

Unlock Your Tight Ankles Beginner Flow

#1 – Ball Into Lower Leg - (2 Calf Position)

Trigger Point Massage

The first exercise is *Ball Into Lower Leg*. You're going to lie on the floor, you're going to get some sort of ball. With this being more of an intermediate flow, we want it to be a firmer ball. What works well is a baseball. Other things, like a lacrosse ball, also work well. With it being a ball, we can get into specific spots within the calf muscle in order to address and deal with the modality of trigger point massage.

Jenna's going to take the ball and put it underneath her calf, and then she's going to move the ball around looking for those sensitive areas and working around those sensitive areas. She's going to move that ball, not just on the belly of her calf, but on the outside of the calf, and then also on the inside of the calf. We want to work all the way from the heel, all the way up through that calf area. You'll find certain areas are more sensitive than others.



Unlock Your Tight Ankles



*1 set of 5 repetitions on each leg
You can progress to 7 and then 10 repetitions.*

When it comes to sets, reps, and time, you're going to do 1 set, 5 repetitions.

Time is going to be a smooth, controlled movement, and the intensity, what we're looking for is those sensitive areas in the calf.

In this exercise, we target the modality of trigger point massage.

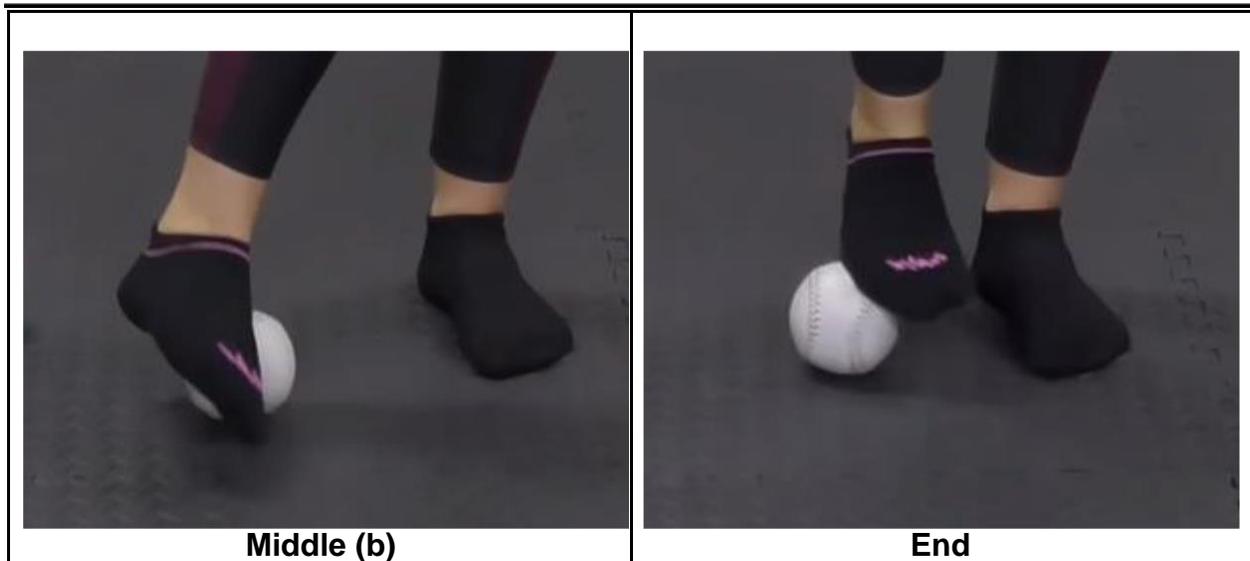
#2 – Foot Roll Out with Hard Ball - (loosen tight fascia at bottom of feet) / Fascial Release

The second exercise is *Foot Roll Out with Hard Ball*. Just like I mentioned with the other one, now we want a harder ball to really go into that planter fascia, which is a really strong tissue, but, a lot of times, it will tighten up and that ends up affecting our ankle movement.

We've got the firm ball. You're going to put a lot of weight into that ball and really work that fascia and move from the heel all the way up into the balls of the feet. You're going to work on the middle part of the foot but also on the outside of the foot and the inside arch.



Unlock Your Tight Ankles



*1 set of 5 repetitions on each foot
You can progress to 7 and then 10 repetitions.*

When it comes to sets, reps, time, and intensity, you're looking at doing 1 set, 5 repetitions. And a repetition is up the foot and down the foot.

The time is smooth, controlled movement with quick turnaround.

And the intensity is, you want to be putting weight into it. You want to feel that fascia is being softened up and loosened up.

The modality that we're working on is fascial release.

#3 – Down Dog on One Foot (other foot placed on opposite ankle) / Static Stretching

Moving on to the third one. This one is *Down Dog on One Foot*. Going into Down Dog position, bringing that opposite foot over and across that ankle. Bending through the ankle. The leg is relatively straight but soft in the knee. We're targeting the calf here. You've got the weight of your hips and lower body on the calf, on the ankle. We're looking for a good stretch in that calf area.



Unlock Your Tight Ankles



*1 set of 1 repetitions held for 20 seconds
You can progress to 2 or 3 repetitions.*

The modality that we're targeting is static stretching. When it comes to sets, reps, time, and intensity, sets are 1. Repetitions are 1.

Time is holding for twenty seconds.

And the intensity, we're looking for a light stretch in that calf area.

#4 – Down Dog on One Foot with Knee Bent (other foot placed on opposite ankle) / Static Stretching

The fourth exercise is *Down Dog on One Foot with Knee Bent*. Same position. We're going to bend that knee in. Now we're targeting the soleus muscle.

What you'll notice is the stretch ends up changing and the intensity of the stretch changes. The soleus, I find, is a lot lighter of a stretch, while the calf stretch, the one before, the third one, is a stronger stretch in the belly of the calf.



Unlock Your Tight Ankles



*1 set of 1 repetitions held for 20 seconds
You can progress to 2 or 3 repetitions.*

When it comes to sets, reps, time, and intensity, the same thing applies. 1 set, 1 repetition.

Time, smooth controlled movement with a good hold at the end. We're holding for 20 seconds.

Intensity is, we're looking for a stretch underneath that belly of the calf. It will be less intense and it will be deeper in that lower leg part.

#5 – 3-Way Knee to Wall with Foot

Elevated Toe & Ankle Mobility

The fifth one is *3-Way Knee to Wall with Foot Elevated*. How we'll demonstrate it here, is we will utilize the half foam roller. You're going to take your foot and put it on the half foam roller, and bring it towards the wall.

Now that ankle is in dorsiflexion, and we're going to bring that knee towards the wall, the knee over that second toe. And then we're going to offload it, and then we're going to go inside of that second toe, and then offload it, the outside of that second toe, and then over that second toe.

With the foot elevated, now we're in more dorsiflexion. When it comes to modality, we're working on ankle mobility, but also, with that foot elevated, working on toe mobility. Specifically, big toe mobility.

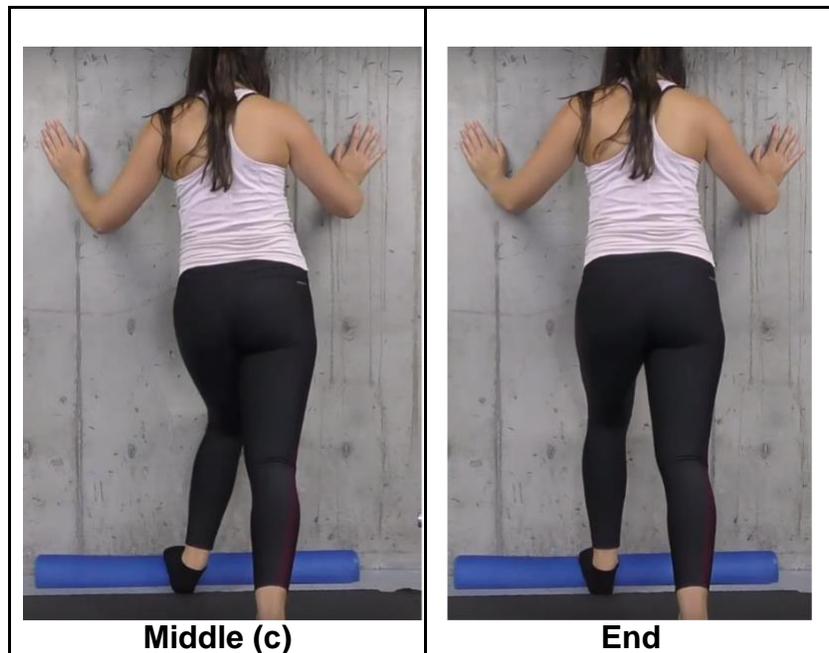
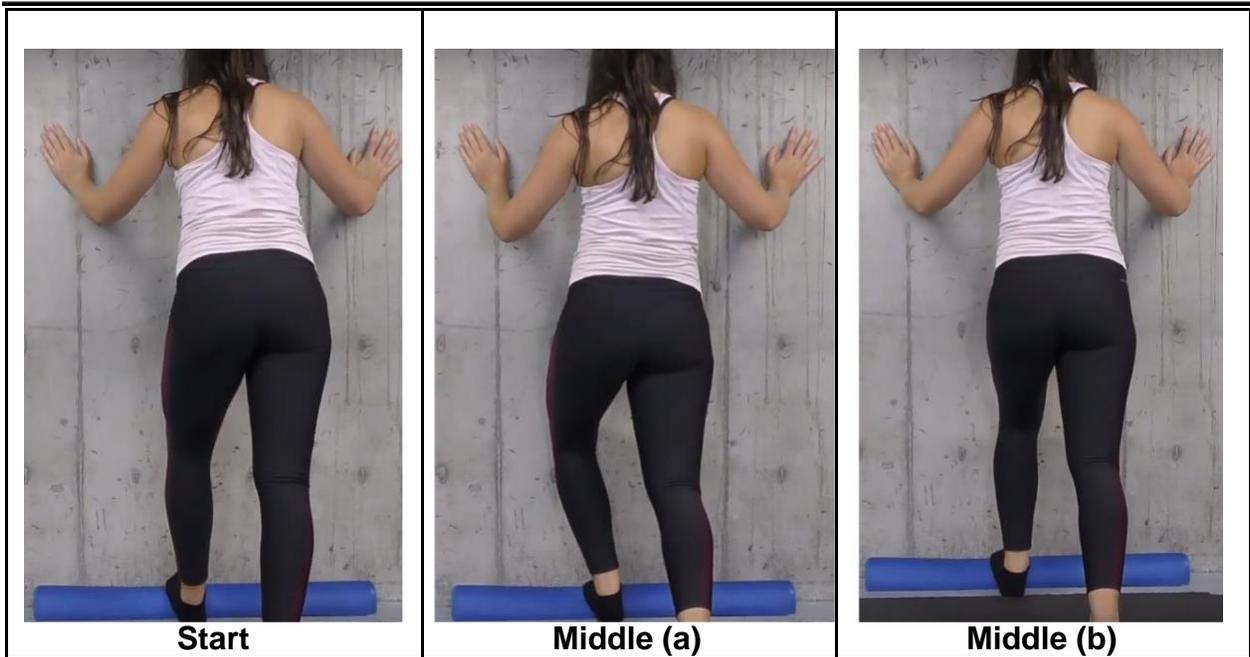
What you'll end up feeling is a lot more stress in the ankle joint, because that's what we're trying to loosen up. We're trying to loosen the ankle joint with this ankle mobility exercise. And with the foot elevated, we're also targeting that toe mobility.

You don't have to have a half foam roller. You can use a towel, a phonebook, weighted plates. We just want to elevate that foot.



You can see Jenna's toes just touching, foot's elevated on a half foam roller, bringing that knee to the outside of the second toe, over that second toe, and then to the inside of that second toe. We're working on that ankle mobility and through different types of ranges in motion when it comes to that ankle.

Unlock Your Tight Ankles



*1 set of 10 repetitions on each foot-total
You can progress to 15 to 20 repetitions.*

Unlock Your Tight Ankles

When it comes to sets, reps, time, and intensity, we're going to end up doing 1 set. Repetitions are going to be 10, so 10 total movements. From straight to the knee to the wall and back is one repetition.

Looking at the time we're looking at a smooth, controlled movement, a quick stop at the end position.

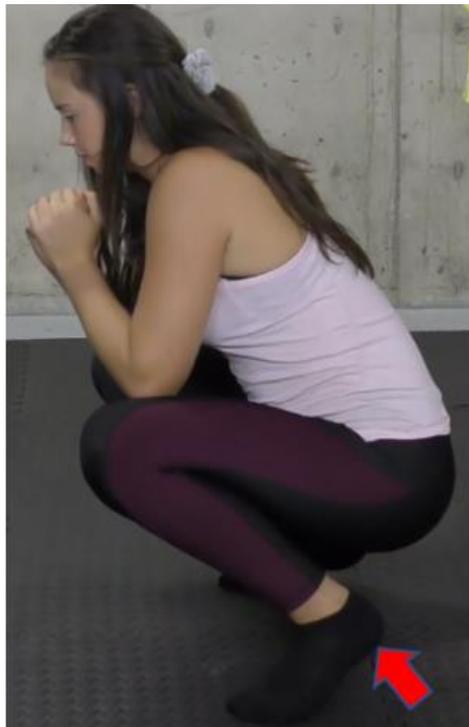
And the intensity, you want to feel it in that ankle area, feeling resistance or tightness in that ankle joint.

#6 – Spider Man Squat with Heels Up (bring knees forward one at a time) Ankle Mobility, Toe Mobility and Dynamic Stretch

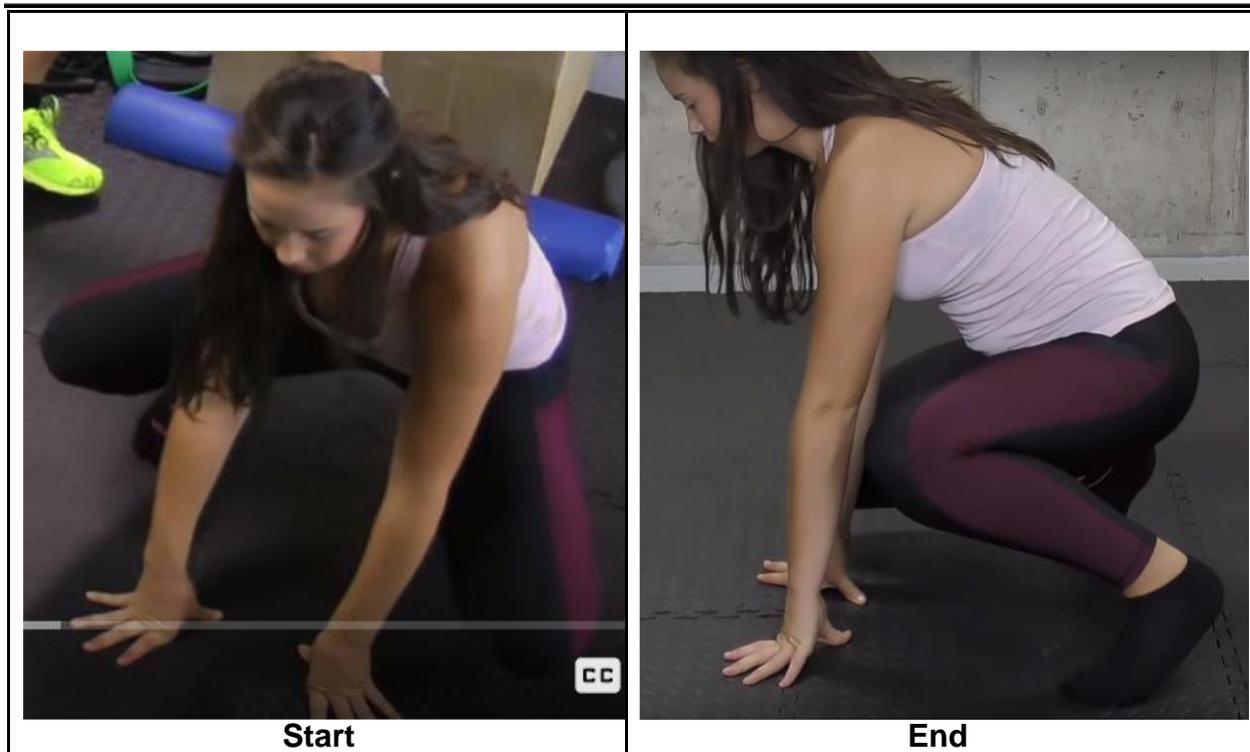
The sixth one is *Spider Man Squat with Heels Up*. Jenna's getting into that deep squat position. She's going to lift up her heels. And what she's going to do is shift from one side to the other side. She's trying to maintain where her heel is, trying not to elevate it too much. The more that she can keep the heel down, the more it ends up challenging the ankle joint.

With this one, you might feel a static stretch in that fascia area. But mainly what we're targeting is the ankle joint, so that we end up having a dorsiflexion going on. We're putting our body weight through the ankle joint to help when it comes to improving movement. And then by adding that weight shift side to side, we end up intensifying things and getting more out of that ankle joint.

With this one, we're targeting ankle mobility, but we're also getting some toe mobility, and you're also getting some static stretching in that fascia area. It's a great one in targeting a lot of areas.



Unlock Your Tight Ankles



*1 set of 10 repetitions on each foot
You can progress to 15 to 20 repetitions.*

Looking at the sets, reps, time, and intensity, sets end up being 1. Repetitions end up being 5 movements, so its 5 weight shifts.

Time is smooth, controlled movement, with that weight shift taking two, three seconds to do.

Intensity, we want to really feel in that ankle that we're trying to improve that ankle, we're getting resistance in that ankle. And like I said, you might feel a stretch in that fascia and you also might feel an increase in mobility in that big toe area.

#7 – Single Leg Fast Heel Drops

Ankle Mobility & Dynamic Stretching

This is *Single Leg Fast Heel Drops*. Jenna has two 45-pound plates and she's stepping over the edge of them with one leg, and she has something to balance her. The leg is straight, she's going to drop the heel quickly, and then come back up. Drop the heel quickly and then come back up.

We're really targeting ankle mobility and dynamic stretching. We're dynamically stretching the fascia and then also the Achilles tendon and calf. You can progress to a point where you end up having all of your weight through that single foot.

What I recommend is if you have a small step that you can use in your gym setting, you can go through this movement. Or a piece of firm fitness equipment that you can elevate your foot on a couple of inches off the ground. Also, at home, what works really well is the bottom step of a flight of stairs. Don't do it at the top flight, top of the stairs. Use the bottom flight. It works well.

We're working ankle mobility and dynamic stretching.



*1 set of 5 repetitions on each ankle
You can progress to 15 to 20 repetitions.*

Looking at the sets, reps, time, and intensity, sets end up being 1. Repetitions are 5 on each side.

Looking at the time, smooth, controlled movement with a quick turnover at the end position.

And the intensity, we're working on the ankle mobility and that stretching through the fascia, and we might even feel it through the Achilles tendon and in that calf area.

#8 – Split Squat with a Band

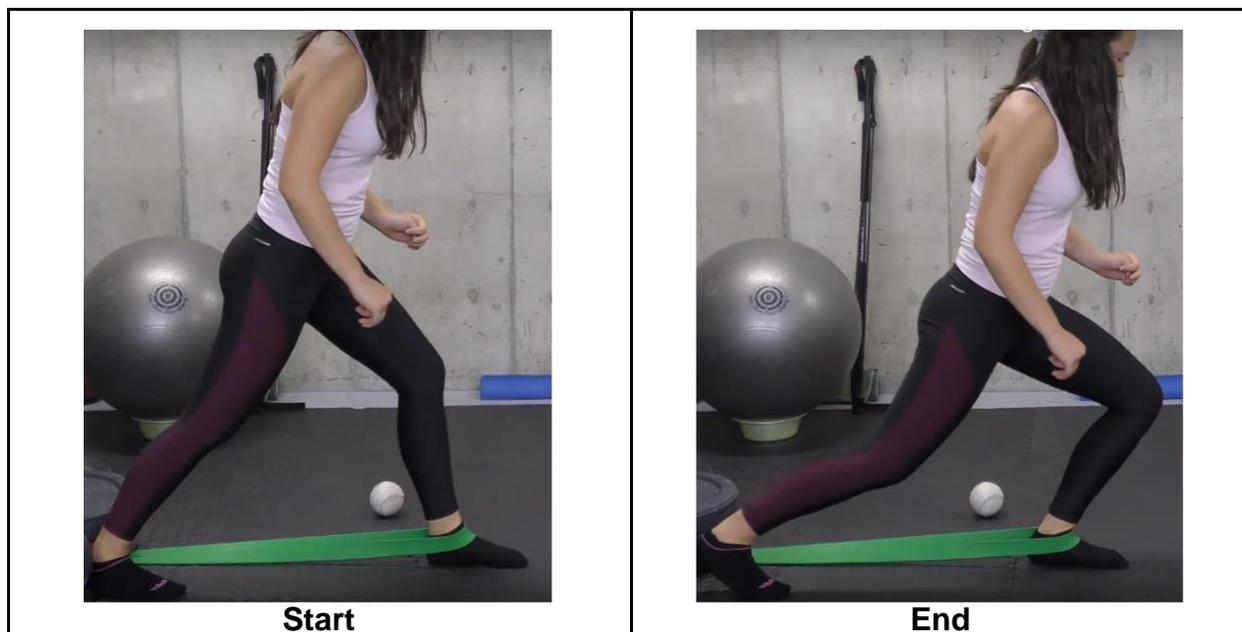
Ankle Mobility and Ankle Glide

This one is *Split Squat with Band*. (Squat as far as you can forward with band around front ankle bone.) We'll use a looped band.

We're working on ankle mobility and ankle glide. We have the tubing *above* the ankle joint. You can use a partner to pull back and increase the resistance in the band, or you can have this band wrapped around an exercise machine or something really firm, or under some weight.

What this band is doing is pulling, so it's working on ankle gliding and improving the gliding movement in the ankle by pulling just above it. And then Jenna's working on the mobility by bringing that knee past the toe, and really working on keeping that heel down.

You can use loop tubing or handle tubing. We're really working on that ankle glide, and then also that ankle mobility.



*1 set of 5 repetitions on each ankle
You can progress to 15 to 20 repetitions.*

Unlock Your Tight Ankles

When it comes to sets, reps, time, and intensity, we're looking at 1 set. 5 repetitions on each ankle.

Time, smooth controlled movement with a quick stop at the end position, so, a second or so.

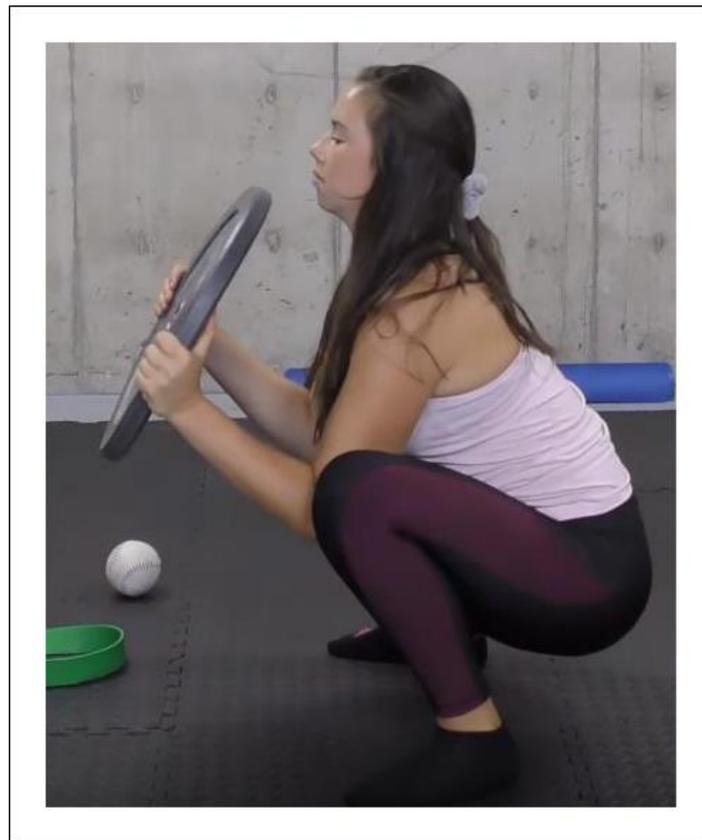
And when it comes to intensity, you're going to feel some stress when it comes to the band pulling on the ankle. And then we also want to work on that mobility, so you're working on feeling a little bit of resistance in that ankle area.

#9 – Deep Squat with Weights

Ankle Mobility

The next one is *Deep Squat with Weights*. This one really works on ankle mobility.

You're going to go into a deep squat movement. You've got a weight, so you can use a plate or dumbbells or a medicine ball or kettlebell. You go into that deep squat position and what we're trying to really focus on is the ankle. But also, if we shift more of our weight onto the ankles, on the mid-foot and front of the foot, then we're really working on those ankles and ankle mobility. Keeping the heel down and really working on the ankle mobility.



*1 set of 5 repetitions.
You can progress to a 15 to 30 second hold.*

Unlock Your Tight Ankles

Looking at the sets, reps, time, and intensity, sets end up being 1, reps are 5.

Intensity, we're really targeting the ankle and working on that ankle mobility.

When it comes to time, we're holding that bottom position for 5 seconds.

#10 – Deep Side Lunge and Do ABC's with Other Ankle

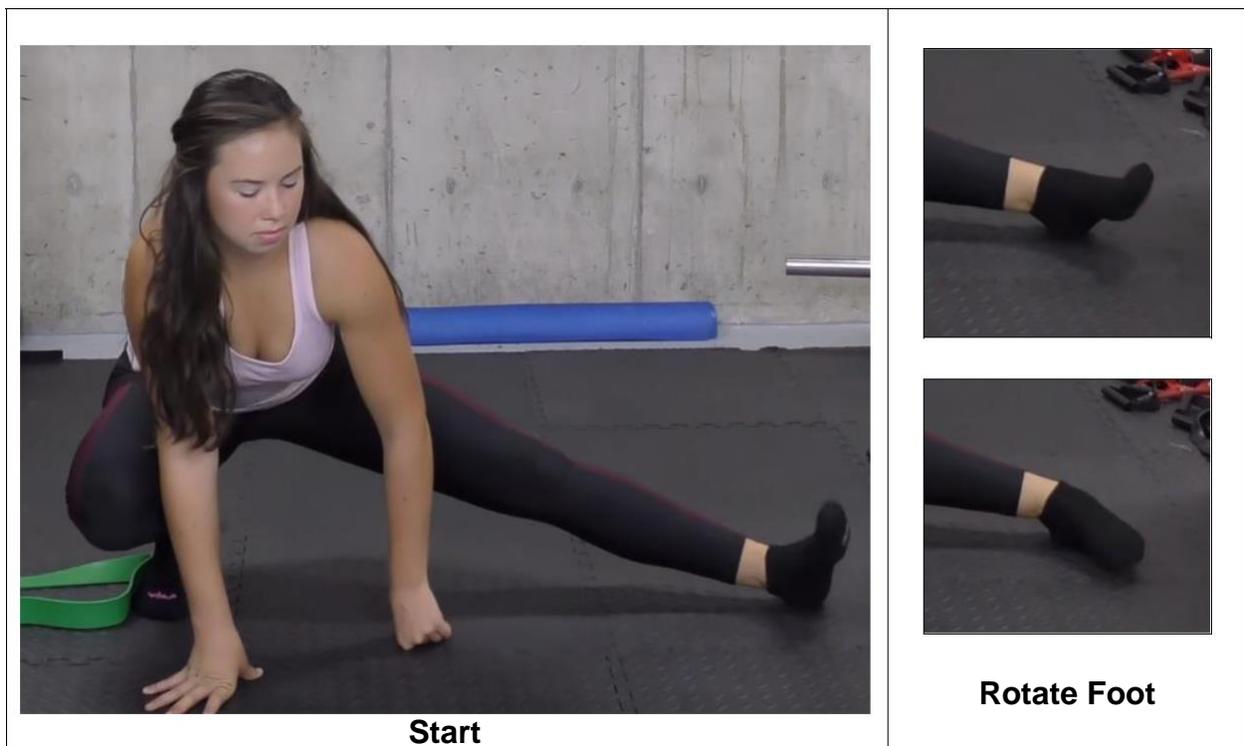
Ankle Range of Motion, Ankle Mobility and Ankle Dynamic Stretch

Moving on to the tenth exercise, this is *Deep Side Lunge and ABC's with Other Ankle*.

So you shift over to one side, and notice how Jenna is balancing herself with her hands. She's in a deep ankle position. Ideally, bringing that foot down and working on the ankle position. And on the other side, we're working on ankle range of motion.

If you have poor range of motion and you have a difficult time, you can pop up onto the foot, and then work on that range of motion and go through the ABC's. We're trying to go through a wide variety of range of motion movements in that ankle.

With this exercise, we're targeting ankle range of motion, we've got ankle mobility, we've got dynamic stretching, all going on with this exercise.



1 set of 15 seconds of movement on each leg
You can progress to 20 to 30 seconds.

With this one, when it comes to sets, reps, time, and intensity, we're looking at 1 set, 1 repetition.

The time is 15 seconds of ABC's.

And the intensity, we're looking at working that ankle and we're working both of the ankles. The ABC ankle is working on that range of motion. We're getting some dynamic stretching, we're getting some mobility work. With the supported ankle, as well, we're getting the ankle mobility work, we're getting the big toe mobility work, we're getting, also, that fascial stretch, and you might also feel a stretch in the Achilles tendon and in the calf.

#11 – Single Leg Roll Outs with Band

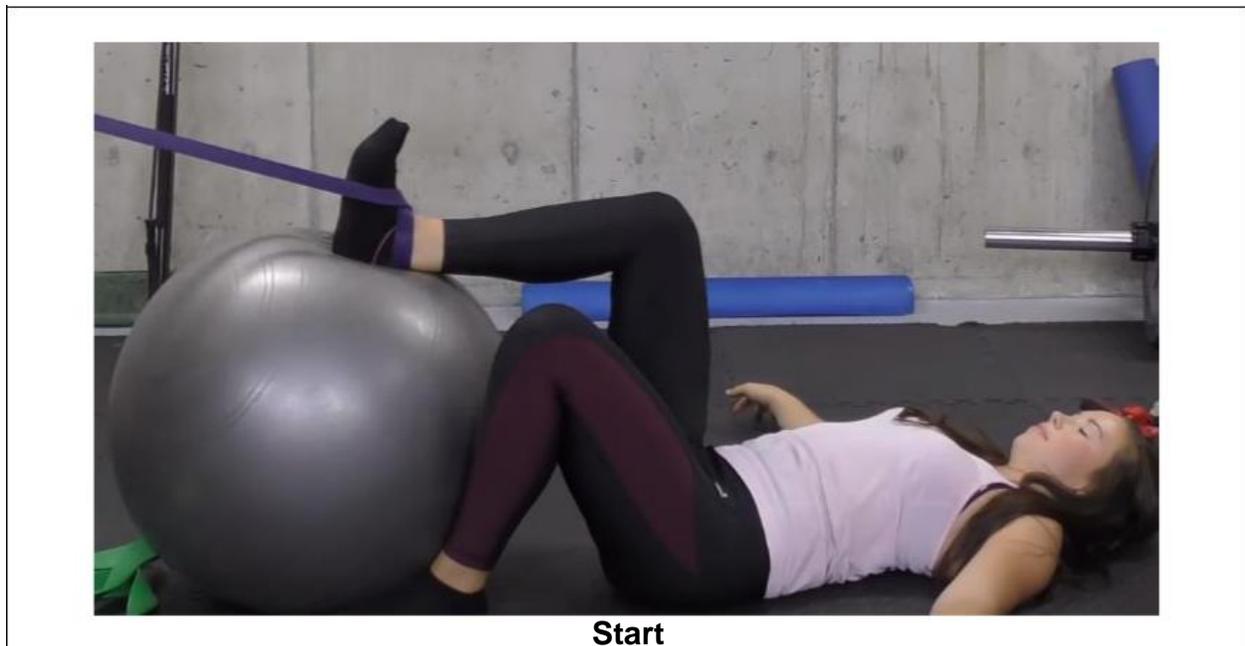
Motor Control

Moving on to the eleventh exercise, this is *Single Leg Roll Out with Band*. With this one, we're working on the motor control. Over the last ten exercises, we've worked on loosening up the ankle. Now we want to train up the ankle to work in this new position.

Once again, you can utilize a partner, or you can affix the band to something like a piece of exercise equipment or something that's not going to move, something that's secure, and just loop it around.

With this one, we're doing a Single Leg Roll Out with Band. We're rolling out. So you've got the stability ball, you're rolling out that stability ball with a single leg, and you have the tubing wrapped around the ankle.

We're working on the motor control of that, the motor control in the ankle.



Unlock Your Tight Ankles



End

*1 set of 5 repetitions on each foot
You can progress to 7 to 10 repetitions.*

When it comes to sets, reps, time, and intensity, we're looking at 1 set. Repetitions are 5.

Movement is smooth, controlled movement with a quick turnover at the end.

And the intensity is light because we're trying to reinforce a correct movement when it comes to the leg. You end up doing each of the legs individually.

That is the Unlock Your Tight Ankles Intermediate Flow. Give those exercises a go, all eleven of them. They should take between five to ten minutes. I wanted to design the program so that we targeted a whole bunch of different modalities and targeted the tight ankles in a wide variety of ways, but I still kept things at a reasonable amount and a reasonable length of time. You still get a lot of results and it ends up being effective.

Re-Test The Three Tests From The Beginning

At this point, you do the re-tests. We'll go through those really quickly. We'll go through the three that we went through at the start.

How Do I Know My Ankles Are Tight?

Toes towards you and point toes [Dorsiflexion/ Plantar Flexion] - Are your ankles the same?



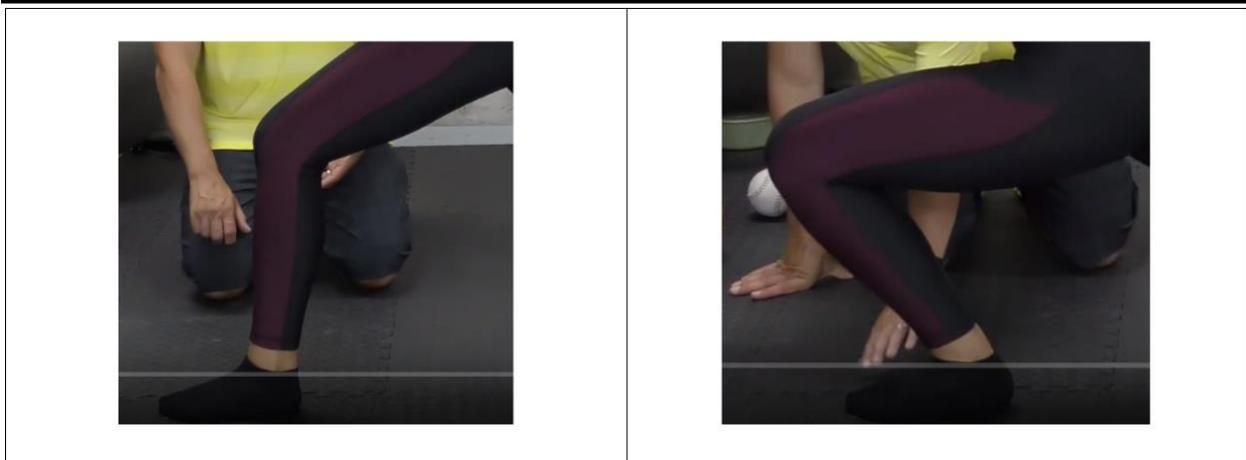
You want to look at bringing those toes towards you and pointing those toes away. How does it feel? Is the movement easier? Are you able to bring your feet further back? Do you have less resistance in the ankle? Do you have less tightness in the calf or in the Achilles tendon?

If any of those are yes, that means, yes. You've gotten benefit from going through this flow.

How Do I Know My Ankles Are Tight?

Perform Staggered Squat - Can knee go past toes?

Unlock Your Tight Ankles



Going through the second test, the staggered squat, one foot out in front and bringing that knee past, how does it feel? Is the movement easier? Is there less resistance in the ankle? Is there less tightness in the calf and the Achilles tendon?

If any of those are yes, then you've gotten benefit from the flow. You can also take photos or videos before and after to see how you end up getting better movement.

How Do I Know My Ankles Are Tight?

Perform a Full Squat - Do your heels come out?



Thirdly, you want to look at the squat, performing that full squat. Squatting down, we want to take a look and see, is there better movement in the ankle? Is it easier for those heels to stay down? Is there less tension, stretching, tightness in that calf and the Achilles tendon? Is it easier to get into that movement?

If the answer is yes, then you've gotten benefit from the flow.

Go through the tests before you start, go through the eleven exercises, and then re-test again.

There you go. That's it. This is Rick Kaselj from ExercisesForInjuries.com and Unlock Your Tight Ankles, saying, "Take care and bye-bye."

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: ExercisesForInjuries.com

About Rick Kaselj

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

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist 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 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



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* - they required extensive 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 on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

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 thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...



- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** 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.

We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: The Whole Enchilada

The "Whole Enchilada" is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:

- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*



When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada**.

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.



Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**

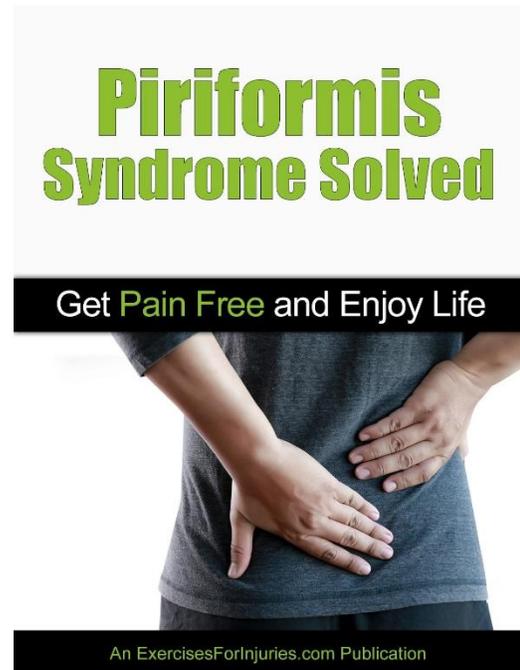
#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...



The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**

#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

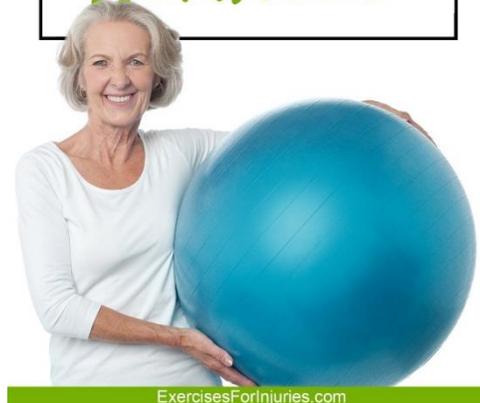
This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.

Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**



#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain

Cardio
for Those Who Hate Cardio



An ExercisesForInjuries.com Publication

So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

[ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)