



Get Pain Free and Enjoy Life

6 Exercises that Highlight Knee Pain

Rick Kaselj, MS

ExercisesForInjuries.com

Table of Contents

Disclaimer	2
Legal Notice	3
Preface	4
6 Exercises That Highlight Knee Pain	5
#1 - Squat Exercise	7
#2 - Single Leg Squat	8
#3 - Single Leg Balance Exercise	9
#4 - Hopping Exercise	10
#5 – Feet Back Exercise	11
#6 - Planks	12
Bonus 1#: Heel to Seat Exercise	14
Bonus #2: Leg Straightening Exercise	15
Final Wrap Up	16
About Rick Kaselj	17
Free DVD Offer	20
Other Products from Rick	21

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Disclaimer

6 Exercises That Highlight Knee Pain 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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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.



6 Exercises That Highlight Knee Pain

Exercise #1: Squat Exercise

Hey, this is Rick Kaselj from ExercisesForInjuries.com. Welcome to 6 exercises to show you why you have knee pain and what to do about it.



This is the first exercise, which is the squat. The Squat Exercise is easy to do but a lot of people either haven't learned how to do the squat properly, or there are imbalances within their body that they don't know about that forced their body to move in a wrong way, which leads to knee pain.

We are going to go through all the exercises and I'm going to highlight areas to think about for yourself or for your clients when it comes to knee pain.

Basic Bodyweight Squat

Things that I am looking for are:

I want to see how things are when it comes to the ankle. Is there good movement when it comes to that ankle? If

there is poor movement, I'll see the knees collapse in. If you have poor ankle movement, the knees will move inwards.

Other things I want to look at are, what is the foot position. When it comes to a narrower foot position, that is a more ideal pressure on the knee. When you have your feet a lot wider, if you have a wide stance when you squat, it puts more strain on the medial part of the knee. If you have internal knee pain, a wider stance could irritate that injury. What you want to do is have more of a narrow stance.



Other things that I look at are the feet. If I see the feet collapsing in any way, that'll show me either the shoes are poor and you need to get shoes with better stability, or the stability in that foot, like the small muscles in the foot, need to be worked on in order to make that foot more rigid and stronger.

Also looking at the knee collapsing in, and when I see the knee collapsing in, I look at the hip, ankle and foot. Looking up at the hip first, if I see collapsing of the knee, it's a sign

6 Exercises That Highlight Knee Pain

that the individual is weak in those hip muscles, especially when it comes to the three-dimensional hip work, like hip rotation. I want to work on strengthening those hip rotators and also work on endurance of the hip rotators.

Another thing I'm looking at is what angle the trunk is at. If you have more of an upright posture when you're squatting, you'll feel a lot more strain on your knees. You can even try it on yourself. Try and squat nice and upright, there's a lot more stress and strain on the knees. If you bend in those hips and squat more in the hips, you decrease the stress on the knees and put more stress on the gluteus maximus muscles, which is a big strong muscle and it can handle that load.



This is the number one exercise that I look at and get someone to do when it comes to knee pain, because it shows me a lot when it comes to why they have that knee pain, and really looking at that foot to see if there is any collapsing in that foot, looking at that ankle to see if there's good movement in that ankle, looking at that knee to see if that knee collapses. With that knee collapsing, it could be in the ankle or it could be in the hip. And then also looking at that trunk position. A lot of people will squat too upright, that puts too much stress on the knee. I want them to bend, keep that nice straight line with the upper body, but bending more in the

hips. That is the first exercise when it comes to the 6 exercises, to show you why you have knee pain and what to do about it.

6 Exercises That Highlight Knee Pain

Exercise #2: Single Leg Squat

Here we are with the second exercise. This is step two when it comes to the squat. We went through the bilateral squat. After I get you to go through a bilateral squat, the next one I want you to do is a Single Leg Squat. A lot of people are quite good at the bilateral squat, but a lot more stuff shows up when it comes to the single leg squat.

With the single leg squat, it definitely translates a lot more to what we do on a day-to-day basis. What I mean by that is if you run or when it comes to walking or when it relates to sports, it is a lot more single leg work. A lot of times, the mistake people make when it comes to their recovery from their knee pain or knee injury, all they'll focus in on is bilateral work. Two-legged work. Yes, that'll help, but it doesn't really translate the best over to what we do on a day-to-day basis.



Let's go through the Single Leg Squat. The number one thing I look at is the knee. I'm looking to see if that knee is a nice solid piston going up and down. Or if I see it collapsing in, that collapsing in definitely shows me that I need to look at things a little bit deeper. Or if I see wobbling of the knee, that isn't as bad of an issue but it really shows me that I need to look at things a little bit deeper.

Looking at the foot, just like when we did the squat, we want to see if that foot has good rigidity going through the squat. If I see any collapsing of the foot, or the knee collapsing in together with the foot coming in, then I need to address that. And that can either be with shoes, an insole, or working on the strengthening. My preference is to look at the shoes you have or look at strengthening the foot in order to build that rigidity of the foot, because more and more research is coming out

that there is a lot of benefit when it comes to the strengthening of the feet, as opposed to rushing to the quick fix of some sort of orthotic.

The second thing is, I want to make sure that there is good movement in the ankle when you are going through the squat, and it doesn't look like its collapsing inward because the ankle is too stiff.

Other things I'm looking at is the hip and the trunk position. I want a bunch of 45s. 45 with the shin, 45 with the thigh, 45 with the body is what I'm looking at. So, if you've got good ankle movement, good foot stability, good movement in the knee and then looking at that hip, you can see a little bit of wobbling at the end, that shows me I might have to

6 Exercises That Highlight Knee Pain

work on strengthening when it comes to the knee through full ranges of motion when I'm exercising or I need to work on strengthening the hip through greater ranges of motion.

What I mean by that is, let's say that people do squatting exercises, and they might not do the squatting exercise bringing the hips past the knees. They might just focus half way down and then come back up, and what they're doing is just strengthening within that range of motion, and not strengthening through the full range of motion.

A couple more important points. If you have too much of an upright position, it will put greater stress on the knee. So make sure you try to bend in that hip, keep that upper body straight, and that will put more emphasis on the glutes, which is a big, strong muscle that can handle it and take that stress off the knee. And then if you have the pelvis popping out or dropping, then you need to work, once again, on that strength in the hip when it comes to rotation and the stability side to side.



There we go. The second exercise to give a go. If you didn't see much when it came to you doing the squat, a lot of times you'll see more when it comes to the Single Leg Squat. What I recommend, especially if you're runner, do this exercise prior to running, and then do the exercise again after your run. Because a lot of people, what they don't look at and it's difficult to look at if you go see your doctor or your physical therapist, is how your muscles are when it comes to the endurance.

Very rarely do you hear runners have issues when it comes to pain when they start running. It's after 5 miles or 10 miles or after 45 minutes or an hour, and that is the endurance side. They lack that endurance and they need to work on the endurance of the muscle.

6 Exercises That Highlight Knee Pain

Exercise #3: Single Leg Balance Exercise



Another exercise I get people to go through in order to highlight why they have knee pain, is a Single Leg Balance Exercise. Standing on one leg, with the knee slightly bent, I want to see how they are holding that position for 30 seconds.

Just like when it comes to the squat and the single leg squat I'm looking at the ankle, the foot, the knee, and the hip. If they lose control, if they are not able to do the balance work or their knee really wobbles in and out, then I need to focus in on that balance work. Because the balance work, works on the proprioception, your body's ability to know where joints are within space, when it comes to ankle, knee, and hip, and then also to work on the strength in that ankle, knee, and hip, holding a static position.

Give that exercise a go or get your client to go through it, and if you're not able to do it, if you lose balance, then you need to work on improving your balance, and then also look at the foot, ankle, knee, and hip, and if you see them collapsing or changing position, like we talked about in the bilateral squat and the single leg squat, then those are areas you need to work on when it comes to your knee pain recovery program.

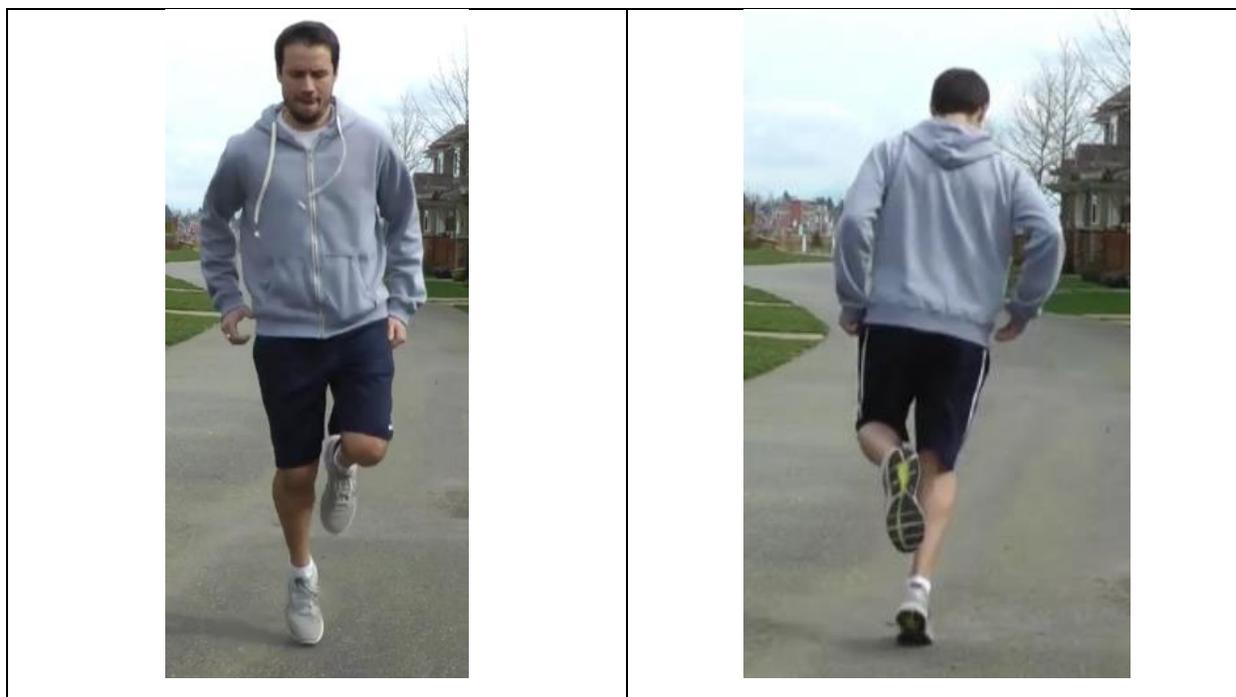
6 Exercises That Highlight Knee Pain

Exercise #4: Hopping Exercise

Another exercise that shows me a lot when it comes to why you have knee pain is a hopping exercise. This isn't for everybody to do, because not everybody needs to hop. I'm not going to get my mom to hop because it's not something that she does on a daily basis or for fun or for recreational activity, but if you are an athlete or you are a runner, it is definitely something I want to look at, because I want to see how that foot and hip react to jumping and react to dynamic movement.

Hop 3 times away, and then hop back. The key things I'm looking for are I want that knee and the rest leg to be a nice piston. If I see that knee collapsing in, I'm worried and I need to look to see what's going on. The things I look at are, the rigidity of the foot, good ankle movement, and then I also want to look to see if I have good stability and strength in that hip, especially when it comes to reactionary, like in jumping.

Another thing I want to look at is I want to make sure that pelvis is square. So when you're landing, you're not collapsing in or tilting back. I want it to be nice and square. If that is the case, this collapsing in, I need to work on the strength of that hip, the stability of that hip, and then also if I find you tilt up, I also need to work on that stability of the hip. Let's highlight those points again, really looking at the knee, nice piston, and if I see that knee collapsing or moving, looking at that foot, ankle and hip and pelvis.



6 Exercises That Highlight Knee Pain

Exercise #5: Feet Back Exercise

The next one is not necessarily an exercise, it's almost like a self-assessment, which is bringing the toes back.



You sit down on the floor, you have the feet relaxed, and then you're trying to bring those feet back, bending in the ankle, and trying to bring your toes back as far as you can.

Some people are not able to get to 90 degrees, nice and upright. They have poor ankle mobility, they have poor calf and soleus flexibility, and then they have poor tissue quality of the soleus and the calf. That needs to be

worked on.

If you do this self-assessment where you're sitting down and you're trying to bring your toes back, and you're not even able to get to 90, you really need to work on that ankle mobility, flexibility, and that tissue quality. It is okay if you get to 90, nice and upright. But ideally you want to get past that 90. We're not looking at where the toes are going, we're looking at the heel and the balls of the feet. We want that to be well past 90.

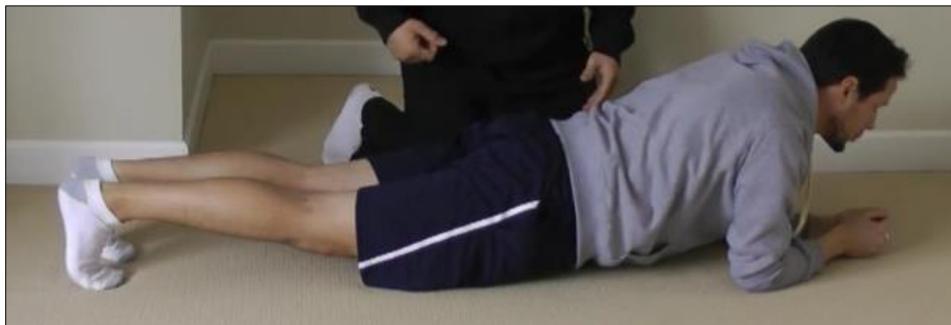


There you go. Do that quick little exercise, take a look to see how your feet and ankles are, and make sure you can get those feet past 90 degrees. And if you can't, work on that ankle mobility, that calf and soleus flexibility, and the tissue quality in that calf and soleus.

6 Exercises That Highlight Knee Pain

Exercise #6: Planks

Another exercise that shows you why you're having knee pain. That exercise is Planks. There is a link between poor core stability, activation of the abdominal muscles, and its ability to control your trunk. With people that have poor core stability when it comes to strength and endurance, there's greater risk for injury of the knee. This exercise, doing a front plank and a side plank, will help you see if you have poor core stability.



Get into a front plank. Head, shoulders, hips, all in straight alignment. We want a good hold of at least 10 seconds; an advanced

individual will easily be able to get up to 30 seconds. We're looking to see if the hips rise, if so, that will be the end of the exercise. If you see the hips drop, and that low back curve out, that means the exercise is ended as well. If we see a collapse in the mid-back, then the exercise would end.

Okay, move to side plank now. Side planking, coming up, hand to the side, everything is in good alignment, so, head, shoulders, hips, ankles. Looking at this one, once again, going for 10 seconds minimum, and then building up to 30 seconds.



If you or your client can't get to 10 to 30 seconds, it means you need to work on your core stability work. Doing these exercises helps you to see if you are weak in the core, and whether you need to go into the gym and focus in on exercises that will challenge the core. And your Olympic lifts are exercises that definitely do that.

Again, if we see the hips drop, if we see the hips roll forward, if we see a break in technique, collapse in that mid-back, those will be an end to the exercise and the clock would stop.

So there we go. Looking at your core stability, if you have a good plank, which shows good sagittal plane, our forward and back core stability, and that side plank, which shows a really good frontal plane or side to side core stability. A lot of people tend to be

6 Exercises That Highlight Knee Pain

weaker in that side plank, that side to side core stability. And if you find you're weak in that, make sure you integrate and add some core stability into your workout, specifically resistance training work that challenges the core, and that will help you overcome and prevent knee injuries.

6 Exercises That Highlight Knee Pain

Bonus 1#: Heel to Seat Exercise

The next exercise to do, in order to show you why you have knee pain, is a Heel to Side exercise. A lot of times when it comes to people with knee injuries and knee pain, they lack the full range of motion of the knee. The knee might feel better, but they lack fully being able to bring that heel towards the seat. That being the case, it affects what you do, especially when it comes to the day-to-day stuff. That lack of flexion affects those things, especially running and walking.

What I usually recommend is you put your hand on something, because we want to eliminate balance. This isn't a balance exercise. We're really just trying to isolate that knee joint, and the knee can come past that hip. It doesn't need to be pushed back. The knee can come past the hip, and then you can grab your forefoot and bring it towards your seat. Go through it, and then bring it all the way to the seat, and then straighten it out. And by allowing that knee to go forward, what you're focusing in on is just movement in that knee joint. You're not limited by muscles in the hip.

There you go. If you're not able to bring your heel towards your seat, you need to work on getting that flexion range of motion back, because we want full range of motion in the knee. That is the number one thing that we want to start off with when it comes to overcoming knee injury and knee pain, is to get that range of motion back, especially when it comes to bringing that heel towards the seat.



Bonus #2: Leg Straightening Exercise



Another exercise you can use to see if there's something wrong with your knee that is leading to knee pain or knee injury, is doing a really basic leg straight exercise. Start off with the knee bent, and then just move the knee into a straight position.

You're not looking at hyperextending or bringing that knee back so that your knee ends up bowing. You want to bring it just so it's straight, so relaxing, then straightening it out.

For the average person, this is a really easy exercise and not very difficult to do.

People that have knee pain or have had a previous knee injury, they, a lot of times, aren't able to do this. If you're not able to do this, and get that knee into a straight position, you need to work on getting that end range of motion of the knee or terminal knee extension that people talk about. You need to focus on exercises that target that and build that terminal knee extension. And if you lack the ability to fully straighten out the knee, there's a good chance it will lead to all kinds of other problems.

You can even try this: Take an orange and bandage it behind your knee, and then try walking around or doing exercises with that orange bandaged behind your knee. What you'll find is your ankle and foot and your hip have to work a lot more when it comes to walking around or doing exercises. And that'll be fine for a period of time, but eventually they'll get overworked, and with being overworked, that increases the risk of injury and pain in those areas.

Final Wrap Up

There you go. Those are the 6 exercises that show you why you have knee pain and what to do about it. Thank you very much for joining me and going through the exercises so I can show what to watch for when you're doing the exercises.

If you want more information about myself, Rick Kaselj, head on over to ExercisesForInjuries.com. If you have an injury or pain, just type it into the search box. There's a good chance that I have an article, a video, or a product relating to your injury. If you're looking for a specific program to help you with your knee pain, I suggest checking out Fix My Knee Pain. That's a product that my partner Mike Westerdal and myself created, and you can get that by swinging by FixMyKneePain.com.

This is Rick Kaselj from ExercisesForInjuries.com, saying, "Take care and bye-bye."

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!

6 Exercises That Highlight Knee Pain

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.

6 Exercises That Highlight Knee Pain

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...

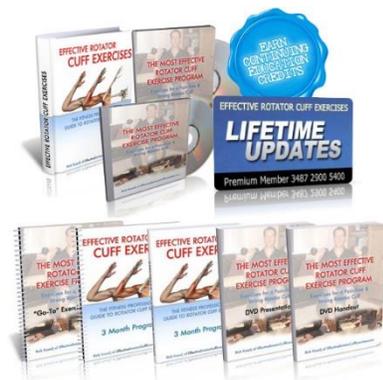
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two 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

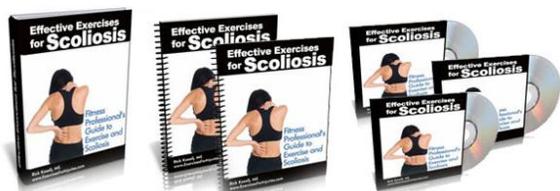


This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- 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



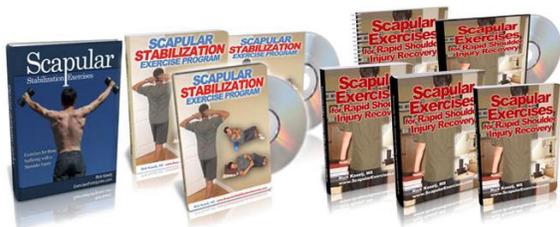
In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- 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

6 Exercises That Highlight Knee Pain

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)

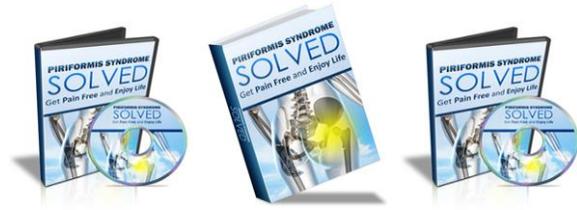


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis 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

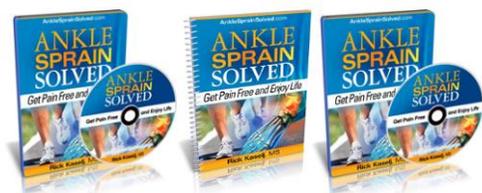


Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises 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

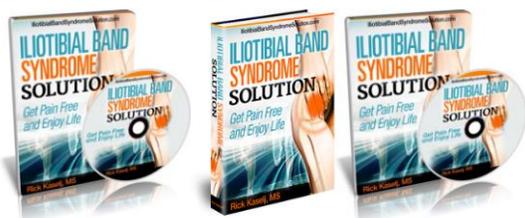


Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your 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

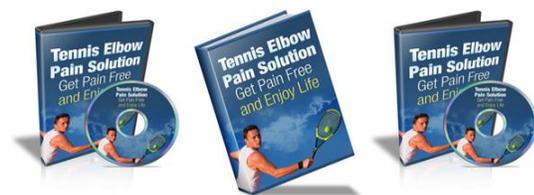


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- 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

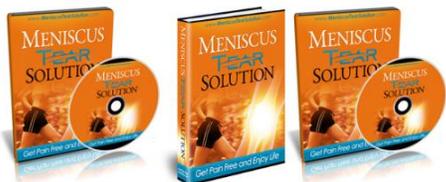


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- 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



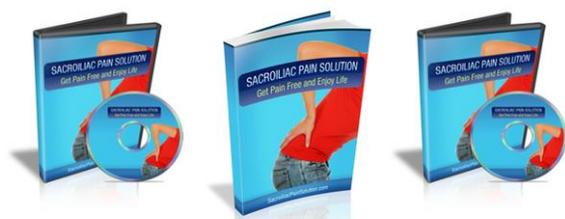
Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY - EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give

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)

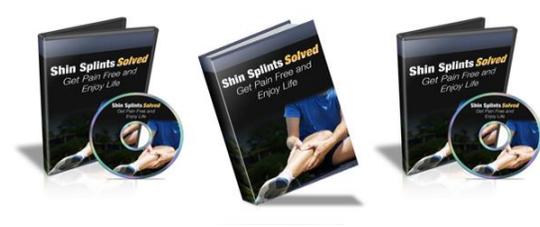


Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience 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



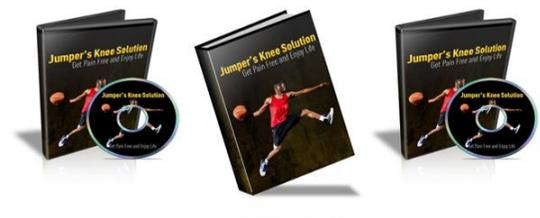
Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This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