

ExercisesForInjuries.com

KNEE

PRIMER

WORKOUT

Get Pain Free and Enjoy Life

Rick Kaselj, MS

Table of Contents

Table of Contents	2
<i>Exercise Considerations.....</i>	4
<i>Disclaimer.....</i>	4
<i>Preface</i>	5
IMPORTANT INFORMATION – <u>STOP AND READ</u>	6
Knee Primer.....	Error! Bookmark not defined.
Exercises	7
Exercise Table	8
Exercise Legend.....	99
Equipment Needed.....	99
Stage 1 – Knee Primer	10
EXERCISE #1: Heel Drops and Toe Raises (1168)	10
EXERCISE #2: Heel to Seat (1169).....	11
EXERCISE #3: Squatting with a Vertical Shin (1170).....	12
EXERCISE #4: Forward and Back Leg Swings (1171).....	13
EXERCISE #5: Side to Side Leg Swings (1172)	14
EXERCISE #6: Hip Rotations In (1173).....	15
EXERCISE #7: Hip Rotations Out (1174).....	16
References and Best Resources.....	17
FAQ – Frequently Asked Questions	20
How often can I do these exercises?	20
Where are the passwords to the videos?.....	20
The password for the videos did not work?	20
What if I have a problem or a question?	20
Where are my download details for the product?	20
Where is your email with the download details?	20
Make sure to add news@ExercisesForInjuries.com to your email program.....	20
What if I unsubscribe from your emails?.....	20
What will appear on my credit card for this purchase?	20
Will I get anything in the mail?	20

About Rick Kaselj..... 21

About Healing Through Movement..... 23

Other Products from Rick Kaselj..... 26

Ready-to-Download Video Presentations from Rick Kaselj..... 28

Title:

Knee Primer Workout

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Knee 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.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. 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. However, in view of the possibility of human error or changes in exercise science, 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.

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES

<http://ExercisesforInjuries.com>

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

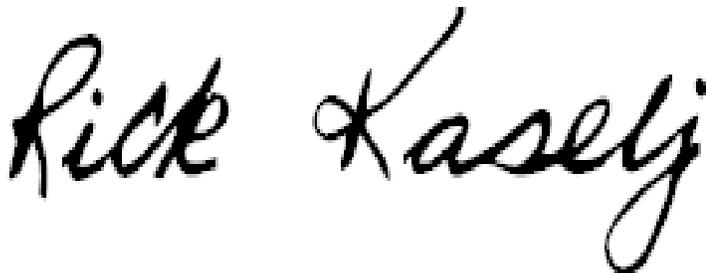
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I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

Guarantee

My passion is to help people overcome their injuries. 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 <http://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.

A handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style.

IMPORTANT INFORMATION – STOP AND READ



Before you go on, please watch the video presentation that goes with this exercise manual.

The video presentation provides much more detail about the program.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.

Knee Primer Workout

Exercises



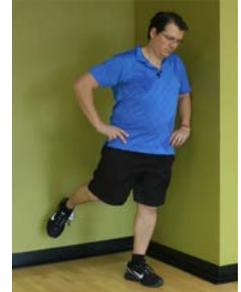
#1 – Heel Drops and
Toe Raises (1168)



#2 – Heel to Seat (1169)



#3 – Squatting with a
Vertical Shin (1170)



#4 – Forward and
Back Leg Swings
(1171)



#4 – Side to Side Leg
Swings (1172)



#6 – Hip Rotations In
(1173)



#7 – Hip Rotations Out
(1174)

Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.
 This video explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
1	1168	Heel Drops and Toe Raises	https://vimeo.com/61138252	prime184	Perform 1 set of 5 repetitions.
2	1169	Heel to Seat	https://vimeo.com/61138253	prime184	Perform 1 set of 5 repetitions.
3	1170	Squatting with a Vertical Shin	https://vimeo.com/61138257 / https://vimeo.com/61138258	prime184	Perform 1 set of 5 repetitions.
4	1171	Forward and Back Leg Swings	https://vimeo.com/61138259	prime184	Perform 1 set of 5 repetitions.
5	1172	Side to Side Leg Swings	https://vimeo.com/61138493	prime184	Perform 1 set of 5 repetitions.
6	1173	Hip Rotations In	https://vimeo.com/61138494	prime184	Perform 1 set of 5 repetitions.
7	1174	Hip Rotations Out	https://vimeo.com/61138492	prime184	Perform 1 set of 5 repetitions.

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

Equipment Needed

Here is a list of equipment that you will need for the exercises:

- Wall
- Step

Knee Primer Workout

EXERCISE #1: Heel Drops and Toe Raises (1168)



<p>Purpose:</p>	<p>To lubricate the ankle joint, improve the mobility in the ankles and activate the muscles in the foot and lower leg.</p>
<p>Starting Position:</p>	<p>Begin in a standing position with the balls of your feet on a step.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Come onto your toes as high as you can. 2. Hold this position for a second and then lower your heels as far as you can. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 or 20 repetitions
<p>Contraindications& Common Mistakes:</p>	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
<p>Video of this exercise: https://vimeo.com/61138252 / Password: prime184</p>	

EXERCISE #2: Heel to Seat (1169)



Purpose:	To lubricate the knee joint.
Starting Position:	Begin by standing on one leg with the opposite leg straight.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With straight leg, move the heel to the seat and pull it all the way to the seat with the opposite hand or as far as you can. 2. Hold this position for a second and then straighten it out again. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
Progressions:	- Progress to 10 or 20 repetitions
Contraindications & Common Mistakes:	- Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61138253 / Password: prime184	

EXERCISE #3: Squatting with a Vertical Shin (1170)



<p>Purpose:</p>	<p>To lubricate the knee joint and activate the core stability muscles in the knee.</p>
<p>Starting Position:</p>	<p>Begin in standing while holding onto something secure.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Squat down as far as you can while keeping your shins vertical and using your arms holding onto something secure to help you keep your weight back so you can keep your shin vertical. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 or 20 repetitions
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
<p>Video of this exercise: https://vimeo.com/61138257 / https://vimeo.com/61138258 / Password: prime184</p>	

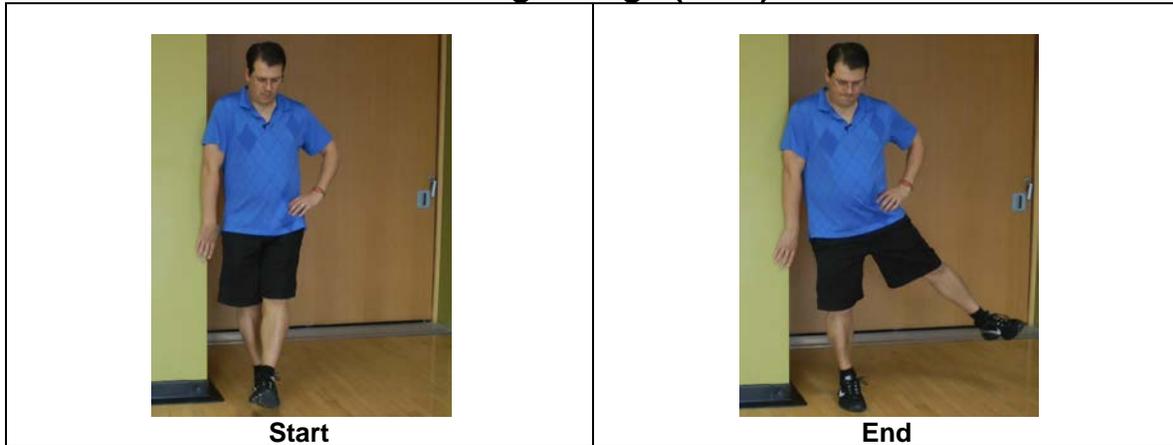
EXERCISE #4: Forward and Back Leg Swings (1171)



<p>Purpose:</p>	<p>To lubricate the hip joint, dynamically stretch the muscles in the hip in the sagittal plane (forward and back direction) and activate the core stability muscles in the hip.</p>
<p>Starting Position:</p>	<p>Begin by standing on one leg with the other leg out front.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. With straight leg that is out front, swing the leg back as far as you can until you feel light stretching in your hip. 2. Then swing the leg back to the start. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 or 20 repetitions
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Minimal Hip Movement – You will get some hip movement but do your best to minimize it. - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have

	debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61138259 / Password: prime184	

EXERCISE #5: Side to Side Leg Swings (1172)



Purpose:	To lubricate the hip joint, dynamically stretch the muscles in the hip in the frontal plane (side-to-side) and activate the core stability muscles in the hip.
Starting Position:	Begin by standing on one leg with the other leg out front.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With straight leg that is out front, swing the leg out to the side as far as you can until you feel light stretch in your hip muscles. 2. Then swing the leg back to the start. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
Progressions:	- Progress to 10 or 20 repetitions
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Minimal Hip Movement – You will get some hip movement but do your best to minimize it. - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61138493 / Password: prime184	

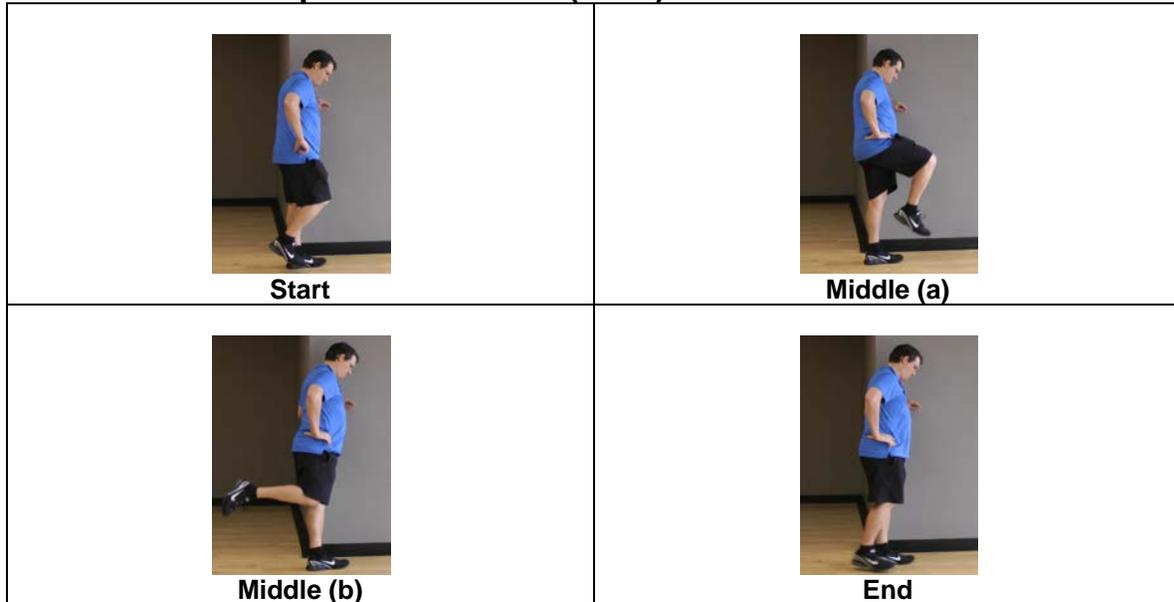
EXERCISE #6: Hip Rotations In (1173)



<p>Purpose:</p>	<p>To lubricate the hip joint, dynamically stretch the muscles in the hip in the transverse plane (rotation) and activate the core stability muscles in the hip.</p>
<p>Starting Position:</p>	<p>Begin by standing on one leg with the other leg out front, bent at the knee.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. With knee that is out front, move the knee back, out to the side and then back to the start in a smooth and controlled manner. 2. With each movement, you move it as far as you can until you feel light stretch in your hip muscles, then move to the next position. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 or 20 repetitions
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Minimal Hip Movement – You will get some hip movement but do your best to minimize it. - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.

Video of this exercise: https://vimeo.com/61138494 / Password: prime184
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EXERCISE #7: Hip Rotations Out (1174)



<p>Purpose:</p>	<p>To lubricate the hip joint, dynamically stretch the muscles in the hip in the transverse plane (rotation) and activate the core stability muscles in the hip.</p>
<p>Starting Position:</p>	<p>Begin by standing on one leg with the other leg bent at the knee.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. With leg that the knee is bent, move the knee forward, out to the side, back and then return to the start in a smooth and controlled manner. 2. With each movement, you move as far as you can until you feel light stretch in your hip muscles, then move to the next position. 3. Perform 1 set of 5 repetitions on each side, daily or prior to knee activities.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 or 20 repetitions
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Minimal Hip Movement – You will get some hip movement but do your best to minimize it. - - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or

	dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61138492 / Password: prime184	

FAQ – Frequently Asked Questions

How often can I do these exercises?

You can do them every day, until you get the results you are looking for then you can move to doing them 3 times a week.

Where are the passwords to the videos?

Passwords for the videos are in the Column Next to the URL.

The password for the videos did not work?

The passwords are case sensitive (upper and lower case letters count) so make sure to type it in as it looks or copy and paste it. Plus this video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 48 hours (2 business days). In your email make sure to include a copy of your receipt or order number.

Where are my download details for the product?

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes. Some times it can take up to an hour.

Where is your email with the download details?

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

Make sure to add news@ExercisesForInjuries.com to your email program

Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?

What will appear on your credit card is a payment, either "Healing Thro" or "Clickbank".

Will I get anything in the mail?

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

About Rick Kaselj

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



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists,

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES
<http://ExercisesforInjuries.com>

exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where Healing Through Movement can meet you:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com>.



Healing Through Movement

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Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

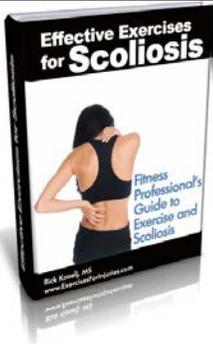
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

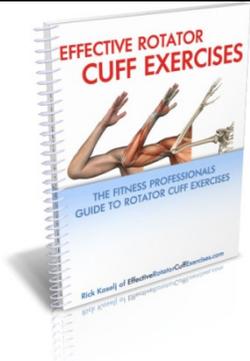


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Effective Rotator Cuff Exercises (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a “must take” course for you.

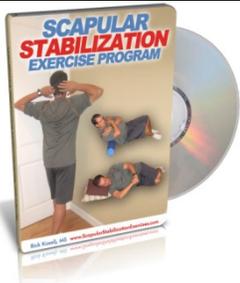
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

To order these manuals, visit <http://ExercisesForInjuries.com>

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

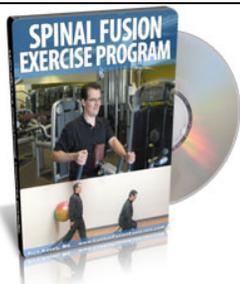
For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

Interested in receiving over \$299 worth of fitness education information?

Visit <http://ExercisesForInjuries.com>
