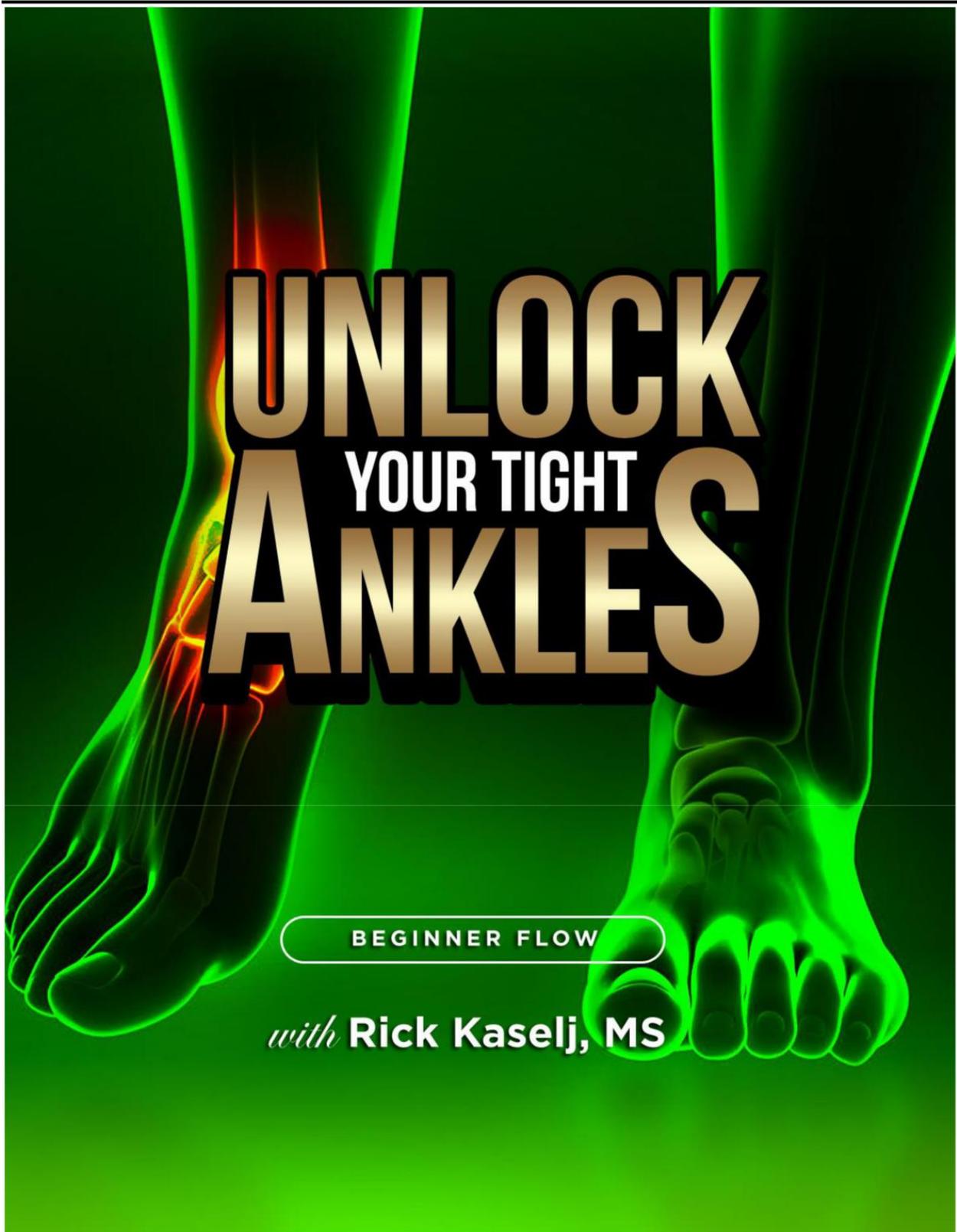


Unlock Your Tight Ankles



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Rick Kaselj, MS, BSc, PK, CES  
[ExercisesForInjuries.com](http://ExercisesForInjuries.com)

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**RK Exercises For Injuries**

Suite #2289 - 3151 Lakeshore Rd

Kelowna, BC V1W 3S9

Canada

E-mail: [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com)

Webpage: [ExercisesForInjuries.com](http://ExercisesForInjuries.com)

Help Center: [ExercisesForInjuries.com/Help](http://ExercisesForInjuries.com/Help)

Phone: (888) 291-2430 (toll free in the USA and Canada)

SMS #: 1-888 229-4992

### Disclaimer

***Unlock Your Tight Ankles Beginner 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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A handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style.

## Unlock Your Tight Ankles

### Introduction to the program

Hey, this is Rick Kaselj from ExercisesForInjuries.com. I want to welcome you to the *Unlock Your Ankles Program*. This is the instruction manual for the beginner level program or ankle flow.

In this manual, I will go through each of the exercises. I will be going through them in detail. I'll talk to you about the modality that we're utilizing with each of the exercises. I'll talk about the sets, reps, time, and intensity of each of the exercises. It is ten exercises that you do and it roughly takes about ten minutes.

A common question that people ask is, "How often can I go through this ankle flow?" What I recommend is, at the start, you might do it multiple times throughout the day. Three times a day: Morning, afternoon, evening. And then after things loosen up and your ankles start unlocking more, you can switch that to once a day, and then, in time, you can even progress to just a maintenance level, which is every couple.

If you're going through these exercises and they're too easy for you, then you can progress onto the next flow, which is the next level and challenges the ankle even more.

But start off with the beginner. If it's right for you, then continue on with the beginner ankle flow. And if it's too easy, progress on to the next ankle flow.

## Assessment

We're going to start off with an assessment. We're going to go through three things to do to check to see if you have tight ankles and whether you should be doing this flow in order to unlock your ankles.

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



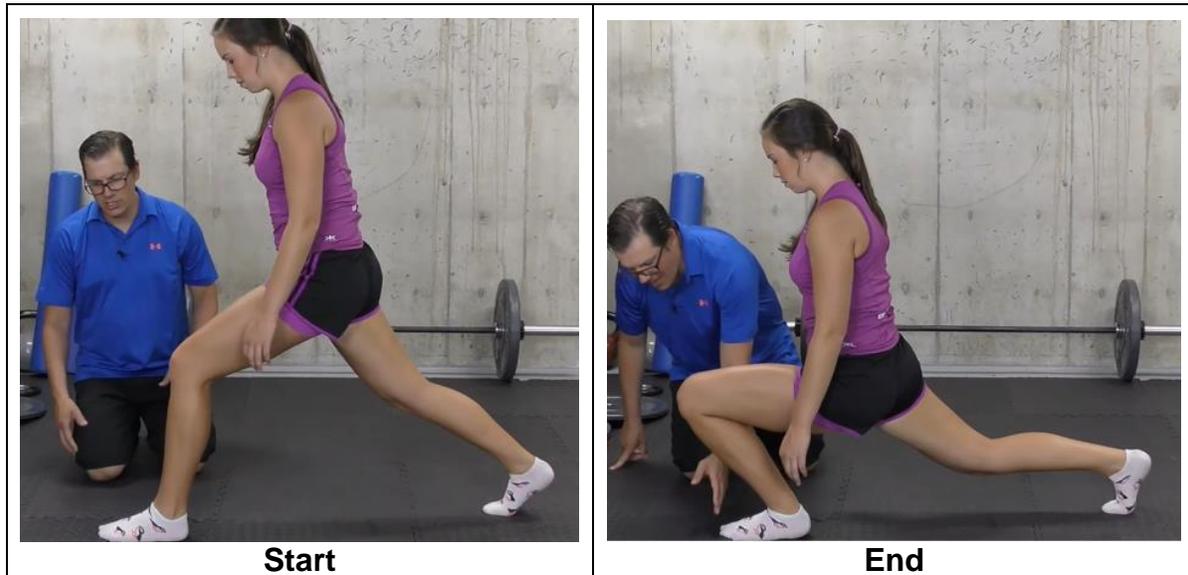
The first one is looking at the plantar flexion and dorsiflexion of your ankle. Pointing the toes away, bringing the toes back, and taking a look to see how your range of motion is in your ankle and if it ends up being the same.

If one side feels stiffer, if one side is more difficult to move, if on one side, you feel a pulling or stretching feeling, then that is a sign you have to work on unlocking your ankles.

One other way of doing it is, you can place your feet up against the wall. So that's roughly ninety degrees. That's what you want to have at minimum when it comes to your ankles. When you do that, placing your feet up against the wall, and you have all those things, like stiffness, tightness, or a pull in the calf, those are your signs that you need to work on improving your ankle mobility. This flow will help you.



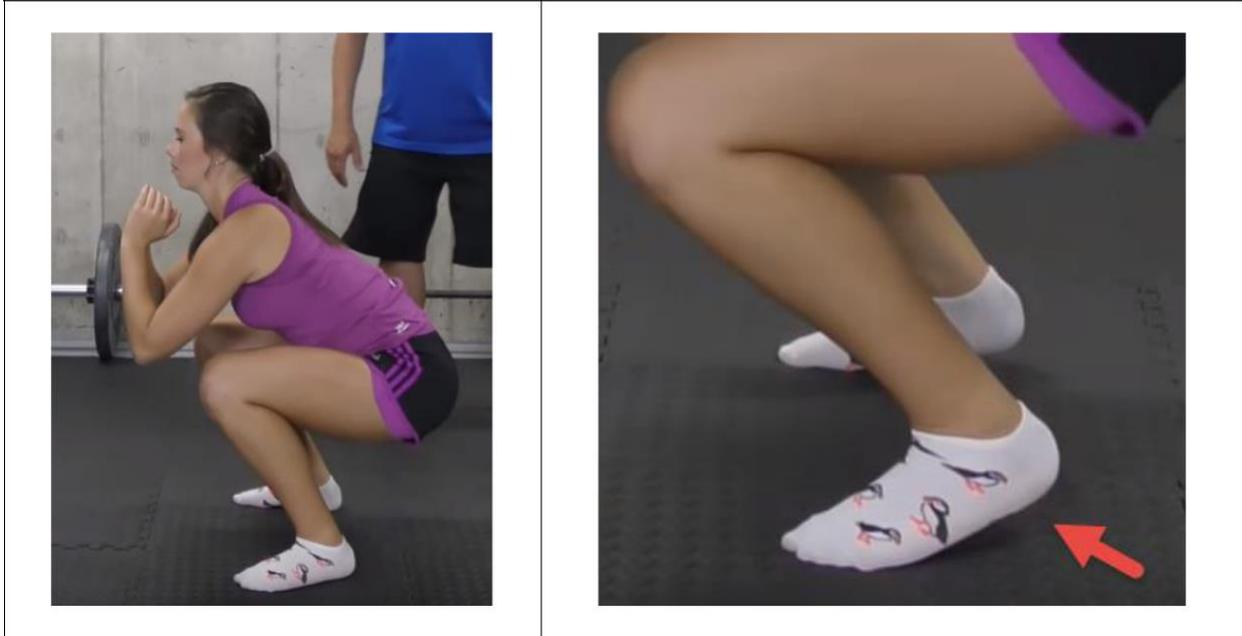
*Perform Staggered Squat - Can knee go past toes?*



Next we're looking at a staggered squat. You're going into a staggered squat position and you want to see if you're able to get that knee past the toes.

Jenna is able to and has good movement in the ankles, but if you do this movement and you're not able to get the knee past the toes and you feel blockage, stiffness, or tightness or a real pull in the calf, that's your sign that you need to work on improving your ankle mobility. This flow will help you do that.

*Perform a Full Squat - Do your heels come out?*



The third one is going through a squat movement and taking a look to see what is happening with your heels. Looking at Jenna, she is squatting and look at what is happening with her heels. Do they pop up? If the heels pop up, that is a sign that you need to work on improving your ankle mobility.

When going through these three tests, it's much easier if you have someone that can take a look and see how you are going through these movements and give you feedback on if it is a positive test.

You can also record yourself going through the movement. A lot of times, smartphones have a good HD camera and you can film yourself going through the movements. Then you can zoom in and take a look to see if your heels are coming off the floor when you squat, if you're able to get your knee past your toes, and how your ankle mobility is when it comes to pointing your toes and bringing your toes back.

If you get a positive with any of those three tests, you definitely want to go through the flow. What I want you to do is, at the end of the flow, I want you to go through the three tests again and see if you have improved.

### Unlock Your Tight Ankles Beginner Flow

#### #1 – Lower Leg Foam Rolling - (3 Calf Position) Trigger Point Massage

The first exercise is *Lower Leg Foam Rolling*. We are going to utilize a three-foot foam roller. You're going to prop yourself up, you got both calves on it, and you're going to roll over the foam roller and come back. You want to go as far as you can, like just above the heel, and you want to roll through just below the knee. You're rolling back and forth.

A key thing that you want to remember is that propping yourself up and rolling through can be challenging on your shoulders. You'll want to make sure that that is okay for you. In order to make it a little bit easier, you can go one leg at a time.

When it comes to the shoulder position, you can do half the calf, so just working on the upper part of the calf, and then when that's done, you can move to the lower calf. If you can go through foam rolling of *both* of the calves, that makes the flow a lot quicker and you get through two movements in one.

We're using for the foam rolling is a three-foot foam roller. Not everyone has a three-foot foam roller, so you can utilize whatever you have. You might have a one-foot foam roller, if so, do one leg at each time. You can also utilize other things you have around the house. A soccer ball works fine. A basketball works fine. Those you'll have to do one leg at a time.

Another thing that I recommend to people, if you don't have a foam roller, you can utilize one of those two-liter club soda bottles that you buy from the grocery store. Make sure it hasn't been opened and you can foam roll with that. Ideally, the container is straight and not tapered. The straight ones are excellent to foam roll with. Again, make sure it hasn't been opened. Don't go too vigorous with it because it *can* pop.

## Unlock Your Tight Ankles



**Start**



**End**

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

## Unlock Your Tight Ankles

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When it comes to sets, reps, time, and intensity, sets are 1. Repetitions are 5 on each leg. A rep is up the leg and down the leg.

Time, smooth, controlled movement.

Intensity, you want to feel like you're massaging out that calf area.

The modality we're working on is trigger points. A lot of times, people with tight ankles have hot spots or trigger points in their calves, and those trigger points are overactive bundles of tissue in the calf. Causes can include: Poor movement in the ankle. You end up overworking the ankle area or lower body area. Standing for long periods of time. Improper shoes. There's a number of things that can affect the calf and cause those hotspots.

In this exercise, we work on those trigger points in the calf. If you're foam rolling out and you feel really sensitive areas, that's completely normal for someone that has stiff ankles.

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

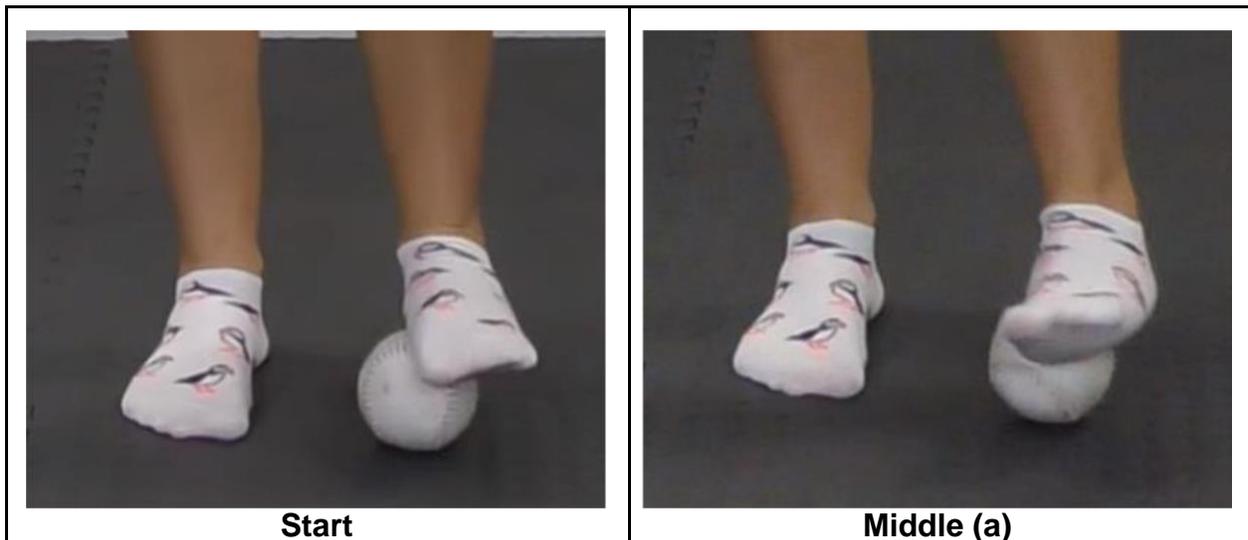
Number two is *Foot Roll Out*. With the first one, we targeted the calf, working on the muscle just above the ankle. Now we're going below it and we're targeting that plantar fascia in the foot.

You're going to take a ball. The stiffer the ball, the more effective it will be. And you're rolling through it from your heel all the way to your foot.

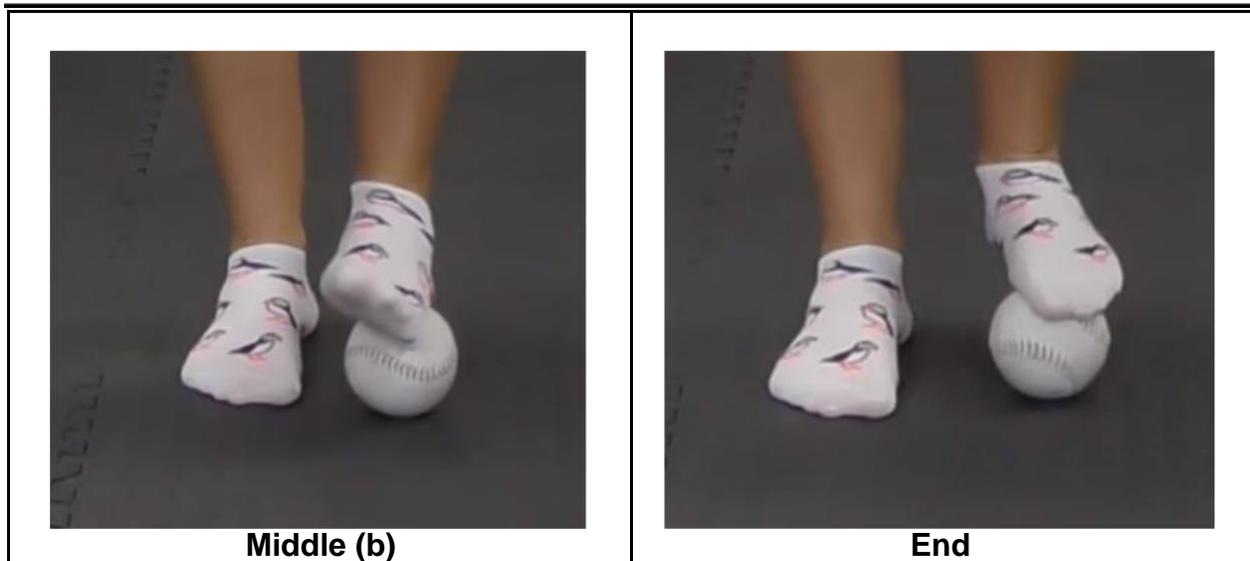
You don't just want to target the middle part of the foot. You want to make sure you work on the outer and inner part as well, and with this one, if you can tolerate it, you want to put a good chunk of weight into it. You got to remember the fascia. You walk on it all the time, you run on it. It can handle a lot. You have to work to loosen it up.

If you can put some weight on it, that works great. Jenna is standing and putting her weight on it, but you can go up against a wall and put your foot onto it and put as much weight as you can, utilizing the hand against the wall to take away balance so you can focus more on putting weight through. You're rolling, like I said, from that heel, all the way up into the balls of the feet, and just rolling back and forth.

The purpose of this exercise is a fascial release. We're targeting that plantar fascia, we're loosening up that fascia on the bottom of the foot.



## Unlock Your Tight Ankles



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

And looking at the sets, reps, time, and intensity, sets are 1. Repetitions are 5 and a repetition is up the foot and down the foot.

Time is a smooth, controlled movement.

And the intensity, you should feel it. You've got to put some oomph into it, in order to target that area. I recommend you do it on both legs.

### #3 – Lengthening The Calf Static Stretching

We're going to move into the third exercise and it is *Lengthening The Calf*. What I would start off with is hands on the wall, and then walking yourself back until you're feeling a stretch in your calf. We're targeting a stretch in the belly of your calf.

With the first exercise, we were working on the trigger point release of the calf. The second one, we were working on loosening up that fascia. Now, we're targeting that muscle belly and stretching them out and statically stretching the calf out.

I would start off with the double leg calf stretch. If you are not able to get into this position, an alternative you can do is a single leg, then stretching out the calves one leg at a time.

Try to go double leg to start off with. That ends up being a bit more efficient with time, but if you need a little bit more stability or a little bit more of an intense stretch in the ankle, you can with the single leg calf stretch.



Key things to remember, toes are pointing straight ahead, making sure the heel is down. So, the knee is soft but straight, and you have the leg in behind the hip. A common mistake people make is they bring the heel in, and that brings the toe out. That decreases the intensity of the stretch in the calf.

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

Looking at sets, reps, time, and intensity, I would start off with 1 set. Repetitions, I would start off with one repetition.

Time is 20 seconds.

The intensity is light. We're looking for a light stretch.

If you really, really feel a strong stretch, then do more repetitions.

## Unlock Your Tight Ankles

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Before we started filming, Jenna was trying the exercise and she really didn't feel anything when she went through this calf stretch. I would probably tell her not to bother with that exercise. If you're doing this exercise and you feel a really strong stretch, then I would increase the repetitions that you end up doing.

What I tell my clients is, 2 repetitions at a 20 second hold, you get 80% of the benefit of doing the exercise. If you want 100%, do 3 repetitions. Start off with 1. You can progress on to 2. If it's really getting beneficial and really targeting a weak spot within you, progress on to 3.

### #4 – Lengthening The Soleus Static Stretching

We're going to move on to the next one, *Lengthening The Soleus*. This exercise similar to the one before, when it comes to the modality we're utilizing to unlock the ankles. This is a static stretch.

What Jenna's doing, hands are against the wall and she's at an angle. She's going to bend through the knees, really working on keeping those heels down. Just underneath the calf is where we're looking at feeling a light stretch.

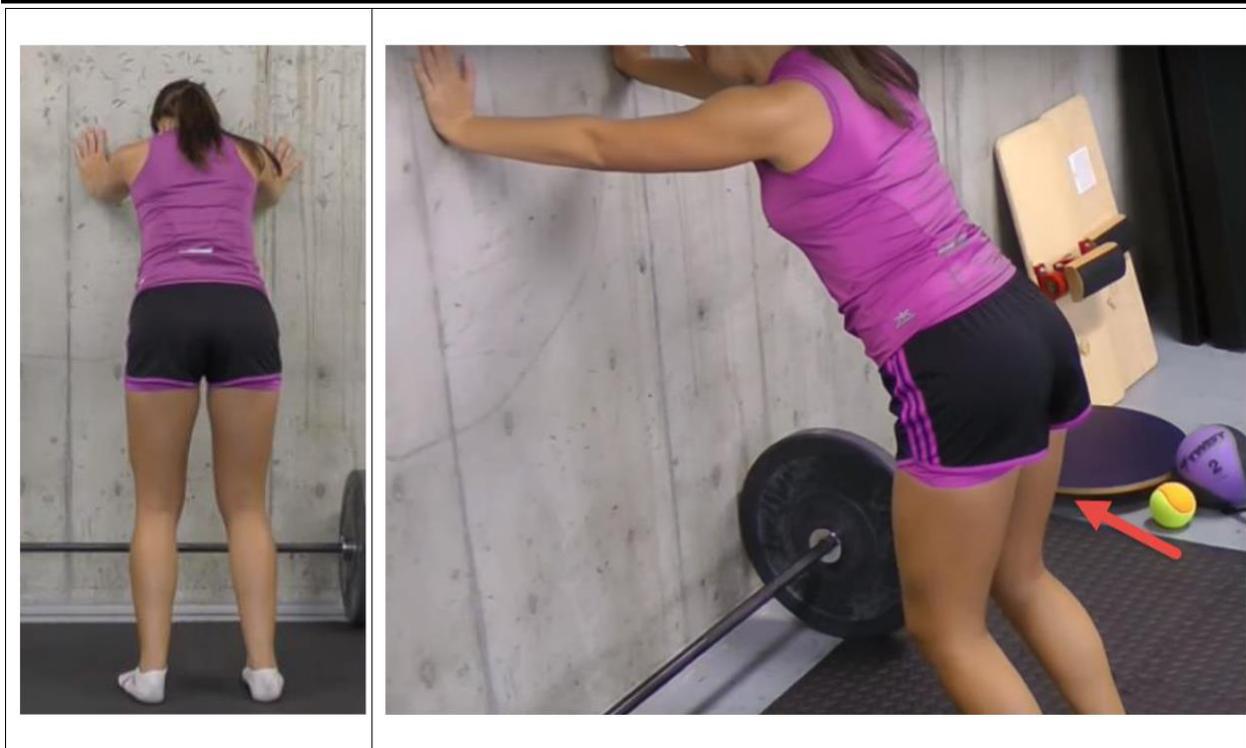
It's going to be different than the calf stretch. I find the calf stretch tends to be a lot more intense. This one is a lot lighter of a stretch but you're feeling it in a different area.

The same things apply. Ideally, you want to keep the toes and feet pointing straight ahead. If you have the heel come in and the toe out, you're not going to feel as much of a stretch in the soleus muscle.

If this one feels awkward, it's not as effective for you to do, or you want to intensify the stretch, just like the other one, you can do a single leg at a same time. So, you take a step back, toes pointing straight ahead, you're going to bend in the knee, you're looking for a light stretch underneath the calf, and then you're going to hold that position.

We have the hands up against the wall because I really care about your balance. We want to really target with this stretch and hit the right area. You're holding that light stretch for 20 seconds.

## Unlock Your Tight Ankles



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

Looking at the sets, reps, time, and intensity, you're looking at 1 set. Repetitions, once again, would be 1.

Time would be 20 seconds.

Intensity would be a light stretch.

Just like the calf stretch, or the *Lengthening the Calf*, at minimum, do one repetition. If it's an area that you really feel a good stretch, a strong stretch, it's a weak point within you, then progress on to 2 repetitions in order to get 80% of the benefit from the lengthening, and then, if you want, you can do a third repetition and that'll give you 100% of the benefit.

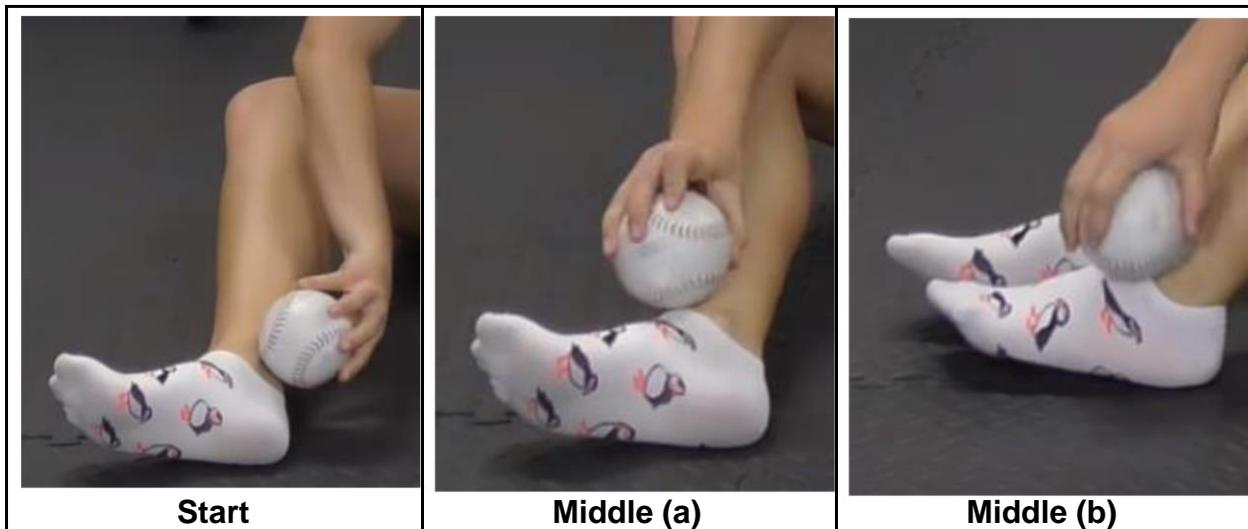
The modality is a static stretch.

### #5 – Ankle Roll (Self-Massage with Ball on Medial and Lateral Portion of Ankle) / Self Massage

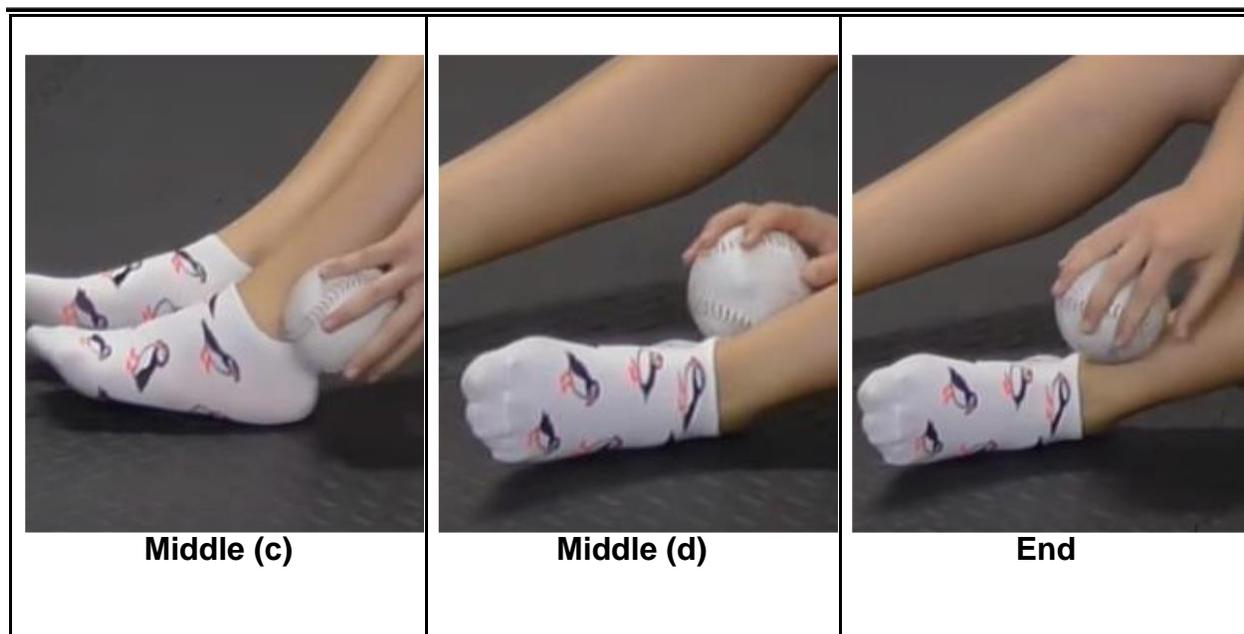
We're going to move onto the fifth one and this is the *Ankle Roll*. We're going to utilize the ball again, and just like the other one with the ball, the *Foot Roll Out*, we can utilize whatever type of ball that we want.

What you're going to do with this exercise is you're going to roll the ball around the boney part of the ankle, and you're targeting all of those tissues around the ankle to loosen it up. We have ligaments and tendons there. You're hitting a little bit of the muscle when it comes to the calf. We got the Achilles tendon in there. We are loosening things up in the ankle, and the specific modality that we're targeting is self-massage.

You're targeting the outer part and then you're also going to target the inner part.



## Unlock Your Tight Ankles



*1 set of 5 repetitions around each boney part of the ankle.  
You can progress to 7 to 10 repetitions.*

Looking at sets, reps, time, and intensity, with this one, it's going to be 1 set, 5 repetitions. A repetition, I call a horseshoe. One, two, three, that's one repetition, a horseshoe around that ankle.

1 set. 5 Repetitions.

Looking at the time, it's a smooth controlled movement.

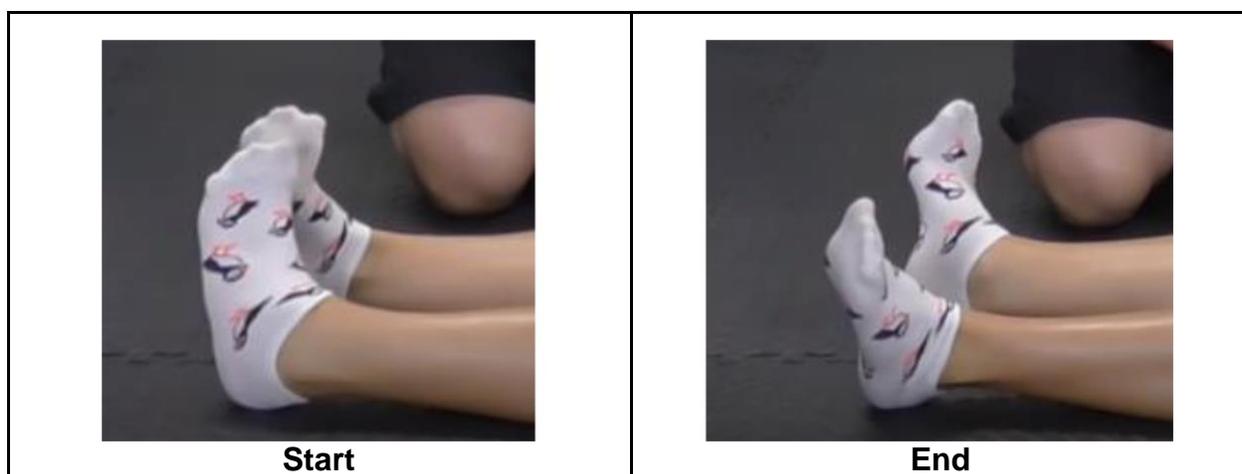
Intensity, you want to push in that area so that you feel like you're getting a little bit of a massage. It's not as intense as the foam rolling that you do over that calf, the *Lower Leg Foam Rolling*, but it ends up being more targeted and targeting specific tissues in that ankle area.

### #6 – Ankles In & Out Range of Motion & Dynamic Stretch

This sixth one it is *Ankles In & Out*. You're sitting down and you bring the ankles in, and then bring the ankles out. Try to bring the bottom of that foot and that heel in, and then bring that bottom of the foot and that heel out.

What we're working on is ankle inversion and eversion.

The modality that we're focusing in on is range of motion and dynamic stretching.



*1 set of 5 repetitions on each foot - total.  
You can progress to 15 to 20 repetitions.*

Looking at the sets, reps, time, and intensity, we're looking at 1 set. Repetitions are 5, each way. Bringing the feet in and out is 1 repetition.

Looking at the time, smooth, controlled movement with a quick stop at each of the end positions.

The intensity, it's going to be light. We're focusing more on a range of motion and working on improving movement in the ankle.

## #7 – 3-Way Knee To Wall Ankle Mobility

Moving on to the seventh one, we're looking at *3-Way Knee To the Wall*.

Your foot is up against the wall. You're going to bring the knee towards the wall, then you're going to come back. That's one way. The next repetition is bringing the knee on the inside of the big toe, and then coming back, and then on the outside of the big toe, and back, and then you're going to go right over the big toe, and back, and then again.

With your foot up against the wall, you might feel it. But if you don't feel it, what you can do is bring the foot back, so you're a little way from the wall, and then you go through that movement again. With this one, either you're going to have really tight ankles and it's going to feel like a stretch in that calf area, or it's going to feel like pressure, which indicates you're getting resistance in the ankle, and your goal is to work on loosening up that resistance in that ankle.

You might have to start off an inch away from the wall and then progress your way further. The key thing is really keeping that ankle down.



## Unlock Your Tight Ankles



**Start**



**Middle (a)**



**Middle (b)**



**End**

*1 set of 5 repetitions on each foot - total.  
You can progress to 15 to 20 repetitions.*

Looking at the sets, reps, time; and intensity sets are 1. The repetitions, I would start off with 5 repetitions.

The intensity is light. Like I said, you're not necessarily going to feel a stretch. It's more like you're working on resistance and loosening up that ankle.

Time is a smooth, controlled movement with a quick stop at each of the positions.

The modality that we're targeting here is mobility. We're trying to improve the movement that's happening in the joint.

You can see with the Unlock Your Ankles Program, we've utilized a whole bunch of modalities in order to get the most out of unlocking your ankles. We haven't just used the most *common* modality, which is stretching. A lot people say, "Hey, just stretch more." What we're focusing on is a wide variety of modalities that take the least amount of time to get the maximum benefit.

### #8 – Deep Squat Hold with Lean Ankle Mobility

The eighth one is a *Deep Squat with Lean*. You're taking a deep squat, and then you're going to lean with one knee, and then come back, and lean with the other knee. You're really trying to keep the heels down as much as you can and work on improving that ankle range of motion.

Start off with a deep squat. That might be enough for you. Then you can start adding the knee drops. Side to side. Then the third level is you can bring the knee to the floor and come back, depending upon how much range of motion you're getting in the ankle.

This compliments the one before because the modality we are focusing in on is mobility. Working on trying to improve the movement that's happening in the ankle joint.



## Unlock Your Tight Ankles



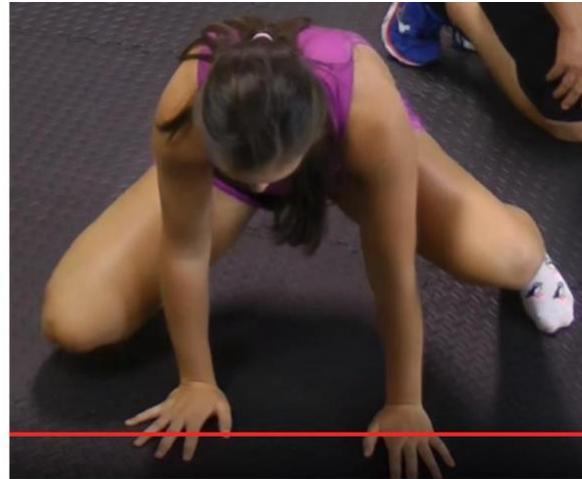
**Middle (b)**



**Middle (c)**



**End**



**Movement from Above**

*1 set of 5 repetitions - total.  
You can progress to 7 to 10 repetitions.*

Look at the sets, reps, time, and intensity, sets are 1, repetitions are 5. A repetition is one side and the other side, so left knee and right knee. That's one repetition.

Time is smooth, controlled movement with a quick stop.

Intensity you're going to feel it more in the ankle, like there's stress or resistance in that ankle that you're trying to overcome.

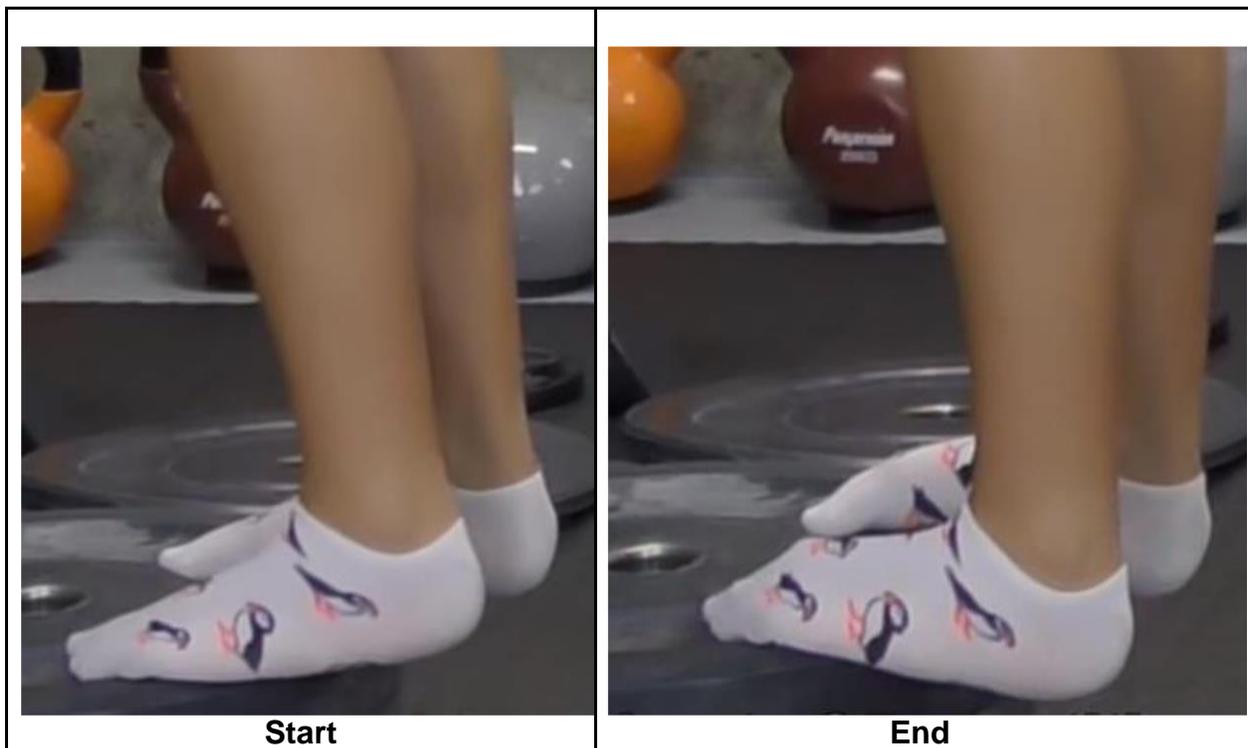
### #9 – Heel Drops Ankle Mobility & Dynamic Stretching

The ninth one is *Heel Drops*. We're going to demonstrate this with the weighted plates, but what I recommend people do at home is just use the bottom step of a flight of stairs.

You're starting off with your foot being at neutral. Then you're dropping your heel down, and then you're coming back up to neutral, then you're dropping your heel down, then you're coming back to neutral.

When it comes to having the foot at neutral, then dropping it down as far as you can, you'll feel one of two things. It'll either be a stretch in the calf area or you'll feel resistance in the ankle, so you're working on mobility.

Depending on how bad things are, if all it feels like is a pull in the calf, then what we're working on is dynamically stretching the calf. If it's resistance in the ankle, then we're targeting the mobility, working on the joint, and improving the mobility in the ankle.



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

Looking at the sets, reps, time, and intensity, sets are 1, repetitions are 5.

Intensity is light. Like I was saying, it's either a stretch in the calf or we're targeting the calf and the muscle and the tissue, or it's resistance in the ankle and working more on the mobility side of things.

Time is smooth, controlled movement with a good stop at the bottom position, 2 to 3 seconds, and then back into the start position.

### #10 – Squats with Heels Down Motor Control

Moving on to the last exercise. The tenth one is *Squats with Heels Down*. We've done the nine primary exercises to really unlock your ankles in the Beginner Flow, and now we want to work on motor control. We want to reinforce good movement.

Begin with a squat. You can squat with hands close to the body, or you can have the hands out front.

With this, things to remember, when Jenna is squatting, she's leading with the hips and then the knees, and then coming back up. I'm a big fan, if you can, to try to get as deep as you can. A deep squat. Having the hips past the knees is beneficial.



I don't want the feet *underneath* the hips. I don't want the feet too narrow. I want them a little further so they're more than hip-width apart. The toes are a touch out.

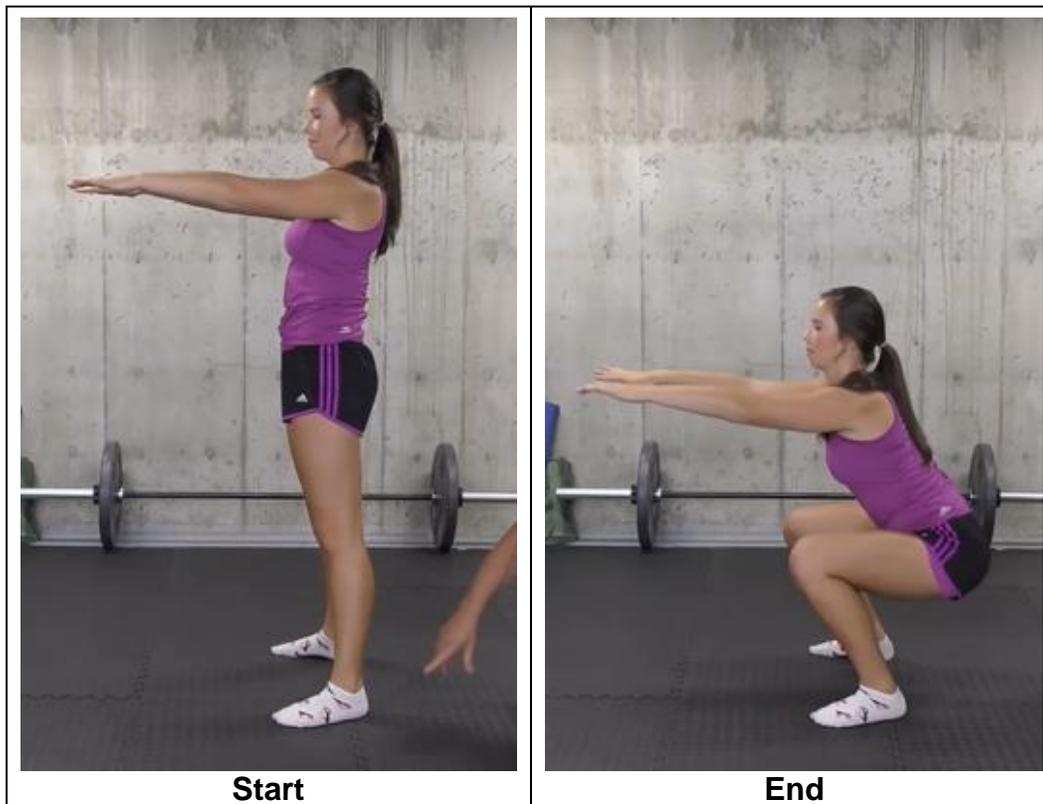
When it comes to the feet, I don't want the load on the balls of the feet. I want them more mid-foot or heel. I want the knees to track over the foot, and then coming back up.

We're trying to work on that new movement pattern with those loosened up ankles and we want to retrain the body in order to utilize that new range of motion.

The modality we're targeting in on is motor control.

## Unlock Your Tight Ankles

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

There you go. That is the Unlock Your Ankles Beginner Flow. Give that flow a go. Like I said at the start, if it ends up being too easy, progress to the next level. If it ends up being just right, stick with this level.

This is Rick Kaselj from Unlock Your Ankles and [ExercisesForInjuries.com](http://ExercisesForInjuries.com), saying, "Take care and goodbye."

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#### **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](http://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](http://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)

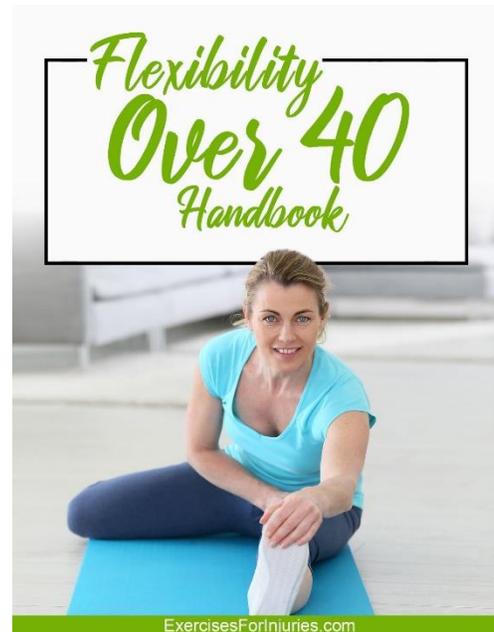
Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada**.

### #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](https://ExercisesForInjuries.com/Shop)

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

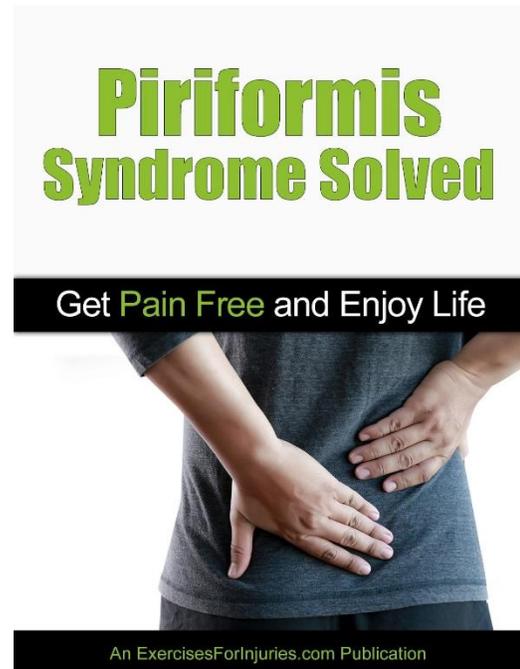
### #3: Piriformis Syndrome Solved

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](https://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.

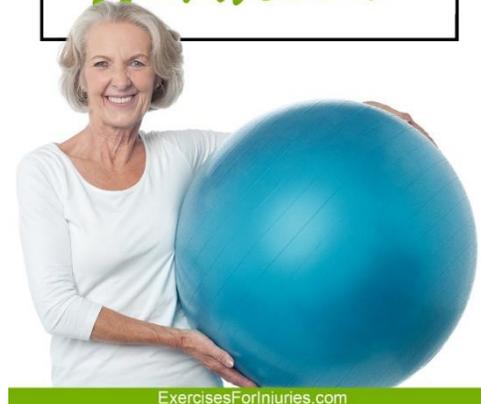
This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

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](https://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!

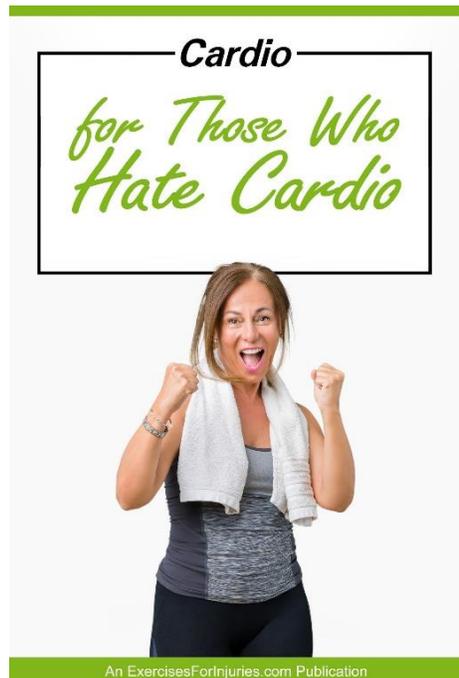
Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- 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

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](https://www.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:**

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