
ExercisesForInjuries.com

WRIST PRIMER WORKOUT

Exercises for Workout Preparation
Presentation, Demonstrations & Exercises

Rick Kaselj, MS

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Disclaimer

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

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

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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.

Guarantee

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

Contact Me

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

A handwritten signature in black ink that reads "Rick Kaselj". The script is fluid and cursive, with the first letters of "Rick" and "Kaselj" being capitalized and prominent.

Introduction

Chapter 1: Introduction to Wrist Primer Workout

Hey, this is Rick Kaselj from ExercisesForInjuries.com and Wrist Primer Workout.

I want to welcome you to the Wrist Primer Workout, but I also want to explain what a Primer Workout is. A Primer Workout is my version of a warm-up.

The reason I've tweaked the traditional warm-up that most people do is because I found the regular warm-ups tended to be ineffective because all they focused in on was range of motion, so just improving the movement of the joint.

I tweaked things and I started to do something called a primer. P-R-I-M-E-R breaks down into a variety of other words.

The P in primer is **preparation**. We want to prepare the mind, we want to prepare the body, and we want to prepare the joints that we're going to work on, or that have been injured, for what we're going to do next. It can be for a workout or it can be for a sport that we end up doing.

Moving on to the I in primer, that is **isolation**. I found that if you have a previous injury, or an area that has muscle imbalances, or if you're recovering from an injury, you need to work on isolating that area, and you need to do isolating exercises that target that area and joint. Just a whole body warm-up isn't good enough.

The M in primer is we need to focus on **movement**. So we have isolation, but then we also need to work on movement of the whole area, the whole upper body or lower body, and the whole body. We do isolation, but we also need to do some whole body movement that brings the body into one global movement.

E is **endurance**. When we're doing the warm-up, we need to work that joint and work that area through a number of repetitions. A lot of times I'll start off with 5 repetitions, but then progress on to 10 repetitions, because we need to work on the endurance side of that joint and of that area. When we work that endurance side, we wake up the stabilizing muscles, and those stabilizing muscles are the muscles that prevent injury, and are often the muscles that are not working properly if that joint gets injured.

Now moving to the R in primer, and that is **resistance**. We need to add some resistance. That could be body weight, that could be dumbbells, that could be tubing. We do this in order to activate all the muscles in that joint, and activate the muscles

within the whole body. If you don't have any resistance, you can't activate those muscles.

That's what's unique about the Primer Workout. Other things are, when we're looking at the endurance side of things, doing multiple repetitions helps to lubricate the joints more, because our joints are self-lubricating, and the more we move them, the more that they'll end up lubricating.

When it comes to isolation and the movement, one of the key things we're doing is we're waking up those stabilizing muscles. A lot of times, if you're sitting for a long period of time or standing for a long period of time or not moving for a long period of time, those stabilizing muscles are turned off. If the area in your body is injured, those muscles are often turned off. We need to wake them up, activate them, and the Primer Workout will do that.

As I mentioned at the start, we also need to get the mind ready and prepare for what we're going to put it through. That could be a sport, that could be an activity, or that could be the workout that we're going to do.

Also, we want to groove good movement patterns. We want to have the body go through key movements so that the body is ready when you start adding load. Let's say you're going through a body weight squat, you are making sure the movement is perfect, and getting the body, the brain, the muscles, and the joints used to going through that movement, and then getting it ready for what you're going to do next. That could be adding load, or that could be an activity, or that can be a sport.

When it comes to the Wrist Primer Workout, we need to work on isolating that area of the wrist, moving that wrist joint so that we lubricate the joint. We need to look at movements in the whole upper body, so the shoulder, the hand, the elbow, and the wrist, and getting things moving.

We're going to do multiple repetitions to target the endurance side of things. Also, we're going to start adding resistance and we're going to use our body weight. With that resistance, we're going to work on grooving important movement patterns that the wrists play a part in, and often might not be working properly if the wrist has been injured. That's specifically in push-up movements and in rowing movements.

That's an explanation of what a Primer Workout is, how it's better than regular warm-ups that are out there, and why it's important when it comes to wrists.

Now let's just move on to the exercises.

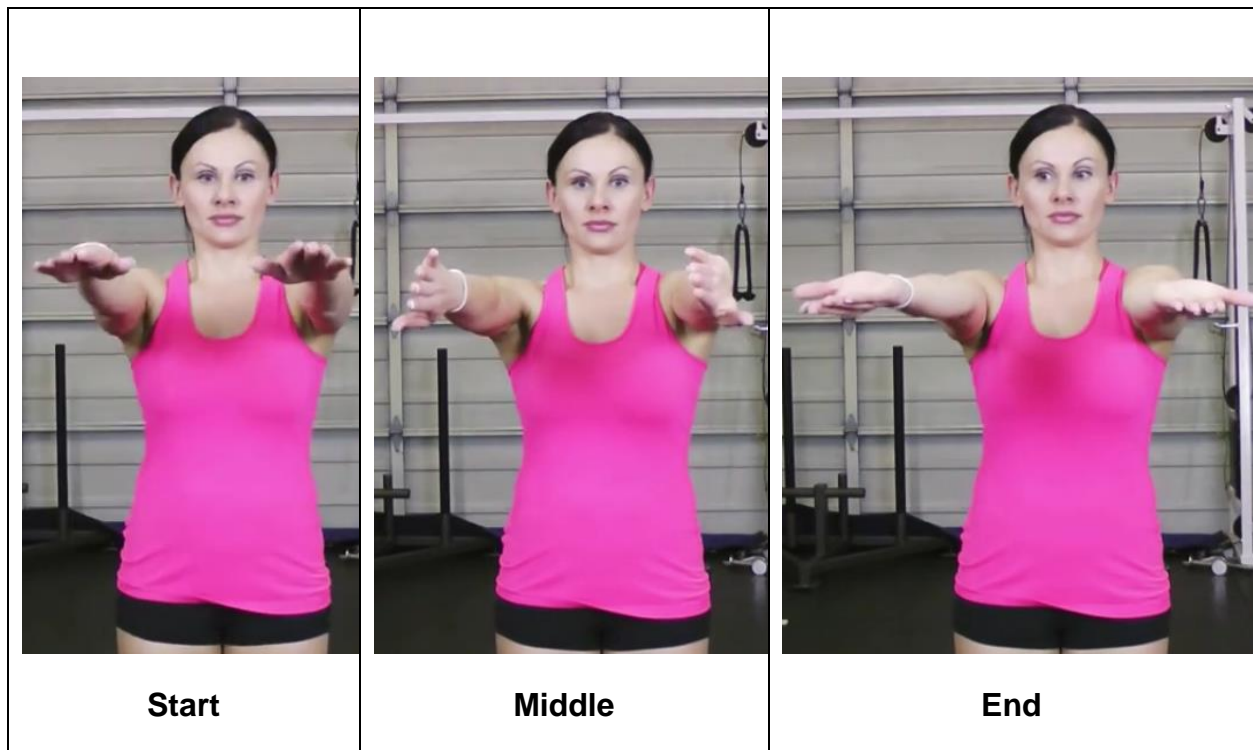
Chapter 2: Wrist Primer Workout - Group 1

Just before this I went into the introduction of what a Primer Workout is, and what the benefit is to the wrist in doing the Wrist Primer Workout. Now let's go through the 6 exercises in the Wrist Primer Workout.

1. *Arm Rotations*

The first one is Arm Rotations. You have the arms straight, and then you're rotating the arms, and the wrists, and the forearms in, and then rotating in the other direction, and going back and forth.

What I would suggest is starting off with 5 repetitions the first time you go through this, and then you can increase to 10 repetitions. With this one, we're working on stretching out the shoulder, stretching out the elbow, and then also stretching out that wrist. So working on the whole upper arm area, because a lot of times the shoulder and the shoulder blade play a part in injury and pain in the wrist and in the elbow.

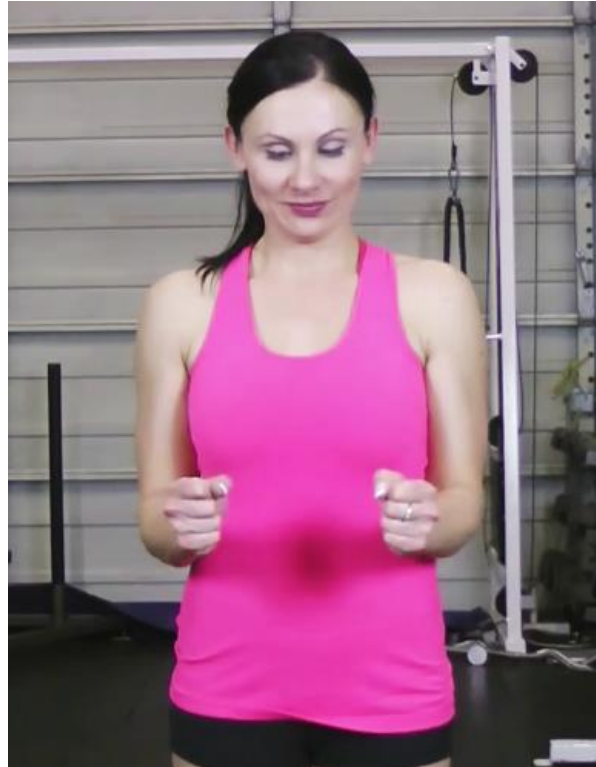


2. Open and Close Hands

Next is opening and closing the hands. Elbows up against your body. You're opening the hands and then closing the hands, opening the hands and closing the hands, and really trying to focus on extending those fingers when you're opening and then, when you're closing, really trying to curl through all the joints in the hands and throughout the fingers. First time through, you can try it with 5 repetitions, but then after that, you want to definitely do about 10 repetitions.



Start

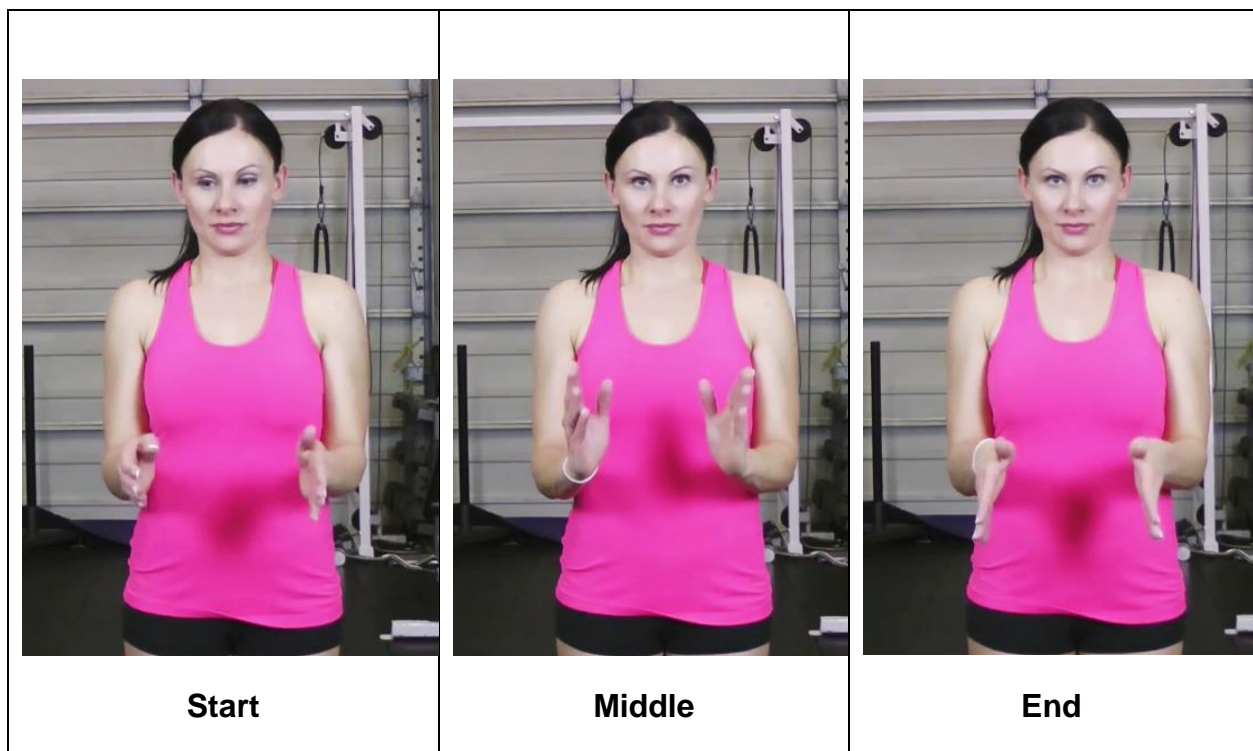


End

3. 2 Way Wrist Movements

The third exercise is the 2 Way Wrist Movement. Once again, elbows are up against the body, palms are facing each other, you're bringing the thumbs up, and then you're moving the pinky away, and bringing the thumbs up, and moving the pinky away.

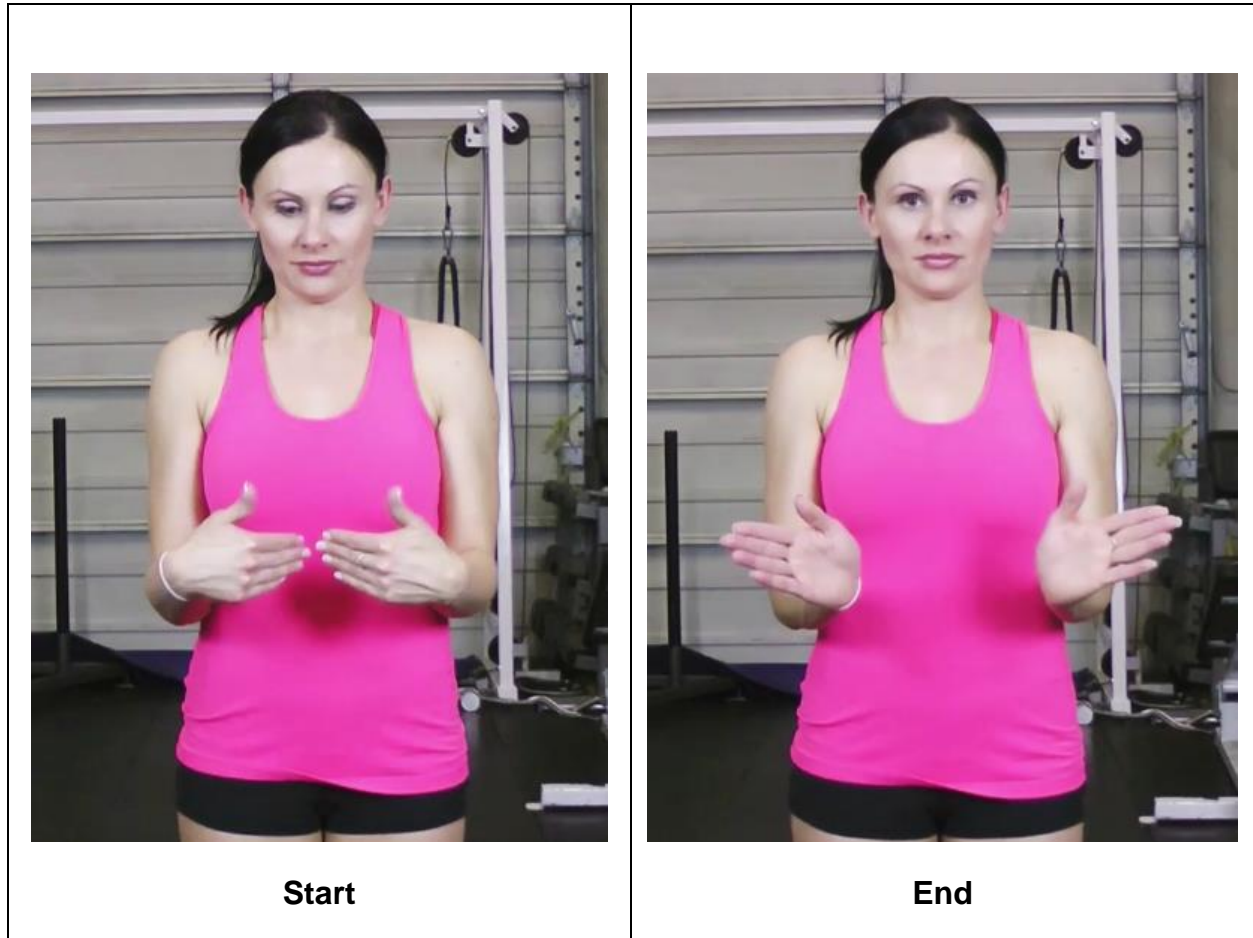
With this one, we're doing radial deviation and ulnar deviation. We were doing a specific range of motion movement in that wrist, and we're trying to go through full range of motion, so as much as we can, in order to loosen up that wrist throughout its full range of motion, and also to dynamically stretch that wrist.



Flexion and Extension

The second movement is going into flexion and extension, trying to go a little bit further with each of the repetitions in order to loosen up that wrist, lubricate the wrist joint, and

also dynamically stretch all the muscles that are involved in that wrist flexion and wrist extension.



When it comes to these Arm Rotations, Open and Close Hands, and 2 Way Wrist Movements, you're not rushing through them. You want to have nice, good quality movement, really working on full range of motion, and trying to go further and further with each of the movements that you do.

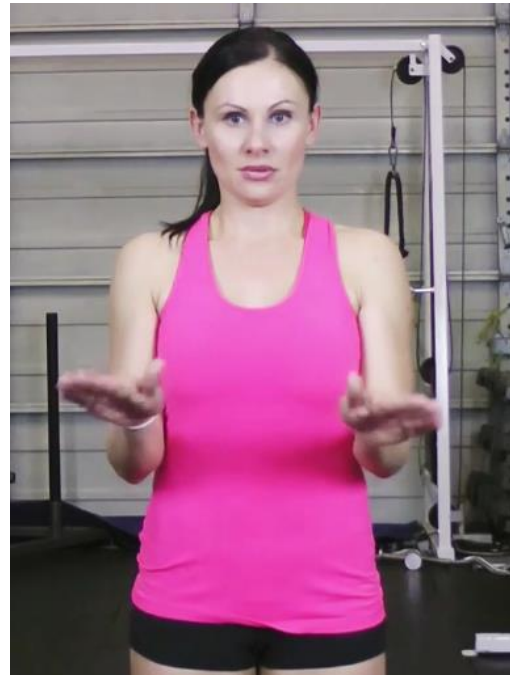
4. Wrist Rotations

The last one in this group is Wrist Rotations. With the Wrist Rotations, once again, elbows are up against the body so you can isolate the wrists, you're starting off with small circles with the wrists, and then you're going into larger and larger circles. You're going 10 times one direction, and 10 times the other direction. So 10 times clockwise, 10 times counter clockwise.

You're starting with small circles and moving to bigger circles because, depending on where your wrist is, there's different contact points within that wrist. We don't want to just focus on really big circles, because we want to make sure that we loosen up that joint through varying ranges of motion in the wrist. That's why we do the small circles, and then go into the bigger circles.



Start



Middle (a)

Wrist Primer Workout



Middle (b)



End

Those are the first four when it comes to the Wrist Primer Workout. We're really working on the movement in the whole upper body, and then we work on isolating that wrist, lubricating the wrist joint, working on dynamically stretching the wrist and the muscles involved in the wrist.

One comment to make about the first group, we demonstrated all the movements and exercises in standing. You don't *have* to stand. You can do them in a sitting position if that is easier for you to do, or more convenient.

Now we'll move on to the second part of the Wrist Primer Workout.

Chapter 3: Wrist Primer Workout - Group 2

5. *Dumbbell Push Up*

Exercise #5 is a Dumbbell Push Up. We're using the dumbbells because it keeps the wrists in neutral, and also, with the gripping of the dumbbells, it activates all the muscles in the forearm and in that wrist area. And then you just go through a push up movement.

The key things to remember when it relates to the push up, is elbows aren't flared out, they're either at 45 or close to you in order to decrease the stress on the rotator cuff.

As I mentioned, we use the dumbbells in order to keep the wrist in neutral, and also we're using the dumbbells in order to activate those muscles in the forearm, which are key muscles when it relates to the wrist.

We do the push up movement because it works on those stabilizing muscles in the shoulder blade, activating the rotator cuff as well, and then it also activates the stabilizing muscles in the rest of the body, so in the knee, hip, and abdominal core area.



Start



End

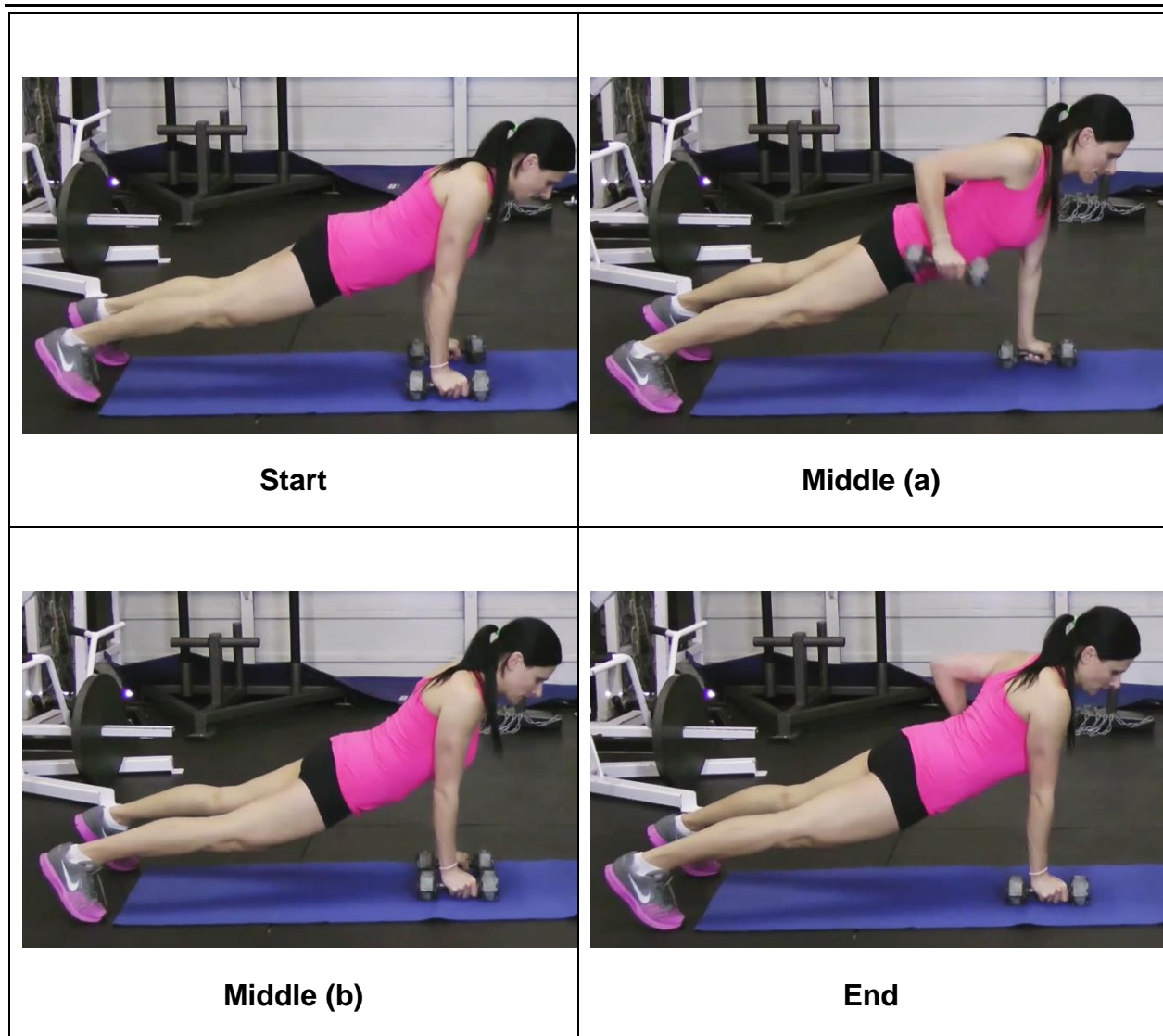
6. *Dumbbell Renegade Row*

The sixth one is a Dumbbell Renegade Row. You go into a push up position, and you row one arm at a time.

With this one, remember, we're in that push up position, with a nice straight body. Head's in neutral, head, shoulder, hips, knees, and feet are in a nice, straight line. You're stabilized through that whole body, and then you're going through rowing movements with the dumbbell.

We're really targeting those muscles in the shoulder blade, in the rotator cuff, and throughout the core.

Wrist Primer Workout



That's it. Those are the 6 exercises involved in that Wrist Primer Workout. It should take you a couple minutes to go through that, and now your wrists should be loosened and ready. All the muscles in the upper body and in the core area should be active and ready for your next activity, workout, or sport.

Chapter 4: Final Wrap Up

That is the Wrist Primer Workout. Implement the workout right away and let me know how you benefit from this Primer Workout. Let me know how it improves your wrist pain, when it comes to recovering from your wrist injury, and how you perform better in your sport or workouts by implementing this Primer Workout.

If you're looking for other Primer Workouts that target the rest of the body, swing by ExercisesForInjuries.com. I've got a whole bunch of other Primer Workouts that target other areas of the body, like the shoulder, the elbow, the back, the hip, and the knee.

Check out everything that I have at ExercisesForInjuries.com when it comes to pain-free workouts, and what to do when it comes to different types of pain that you have in various joints or specific injuries you have.

This is Rick Kaselj from ExercisesForInjuries.com and Wrist Primer Workout 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!

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

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

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

WHAT MY CLIENTS AND CUSTOMERS SAY:

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

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

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

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

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

I HAVE A FREE GIFT FOR YOU...

THAT WILL START DECREASING YOUR PAIN NOW!

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

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

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

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

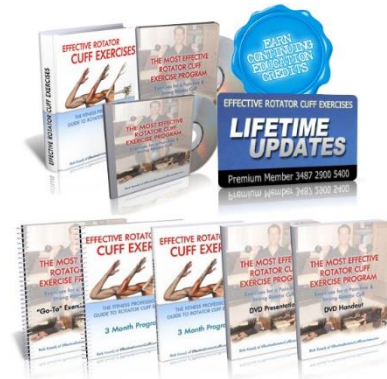
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two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



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

Other Products from Rick

Heal Rotator Cuff Injuries FAST

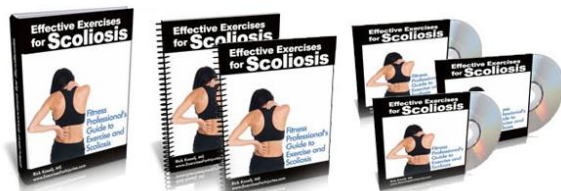


This comprehensive toolbox of 57 rotator cuff- specific exercises is **EVERYTHING** you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

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

Learn more at: www.EffectiveRotatorCuffExercises.com

Scoliosis Secrets



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

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

Learn more at: www.EffectiveExercisesForScoliosis.com

Scapular Stabilization Secrets



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

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

Learn more at: www.ScapularStabilizationExercises.com

Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

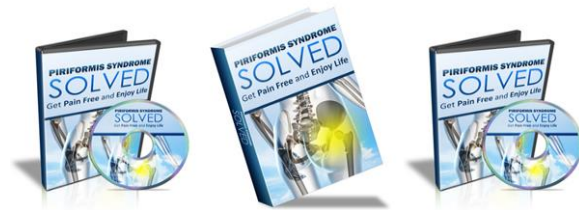


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis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

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

Learn more at: www.AchillesTendinitisExercises.com

Eliminate Piriformis Syndrome



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

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

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

Fixing Tight Hip Flexors

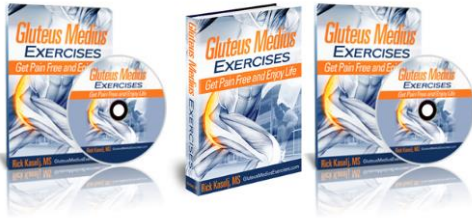


This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling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

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

Learn more at: www.FixingTightHipFlexors.com

Heal Back Pain (Gluteus Medius Strength Program)



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

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

Learn more at: www.GluteusMediusExercises.com

Best Gluteus Maximus Exercises



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

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

Learn more at: www.BestGluteusMaximusExercises.com

How To Speed Up Recovery Between Workouts



SPENDING A CENT!

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

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

Learn more at: www.RecoveryWorkouts.com

No More Neck Pain



neck... not just a temporary fix

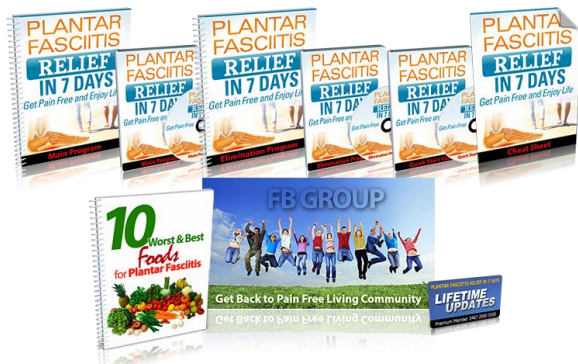
- What I learned working with hundreds of clients with neck pain that most other professionals will never know

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

Learn more at: www.NeckPainSolved.com

Erase Foot & Heel Pain (Plantar Fasciitis)

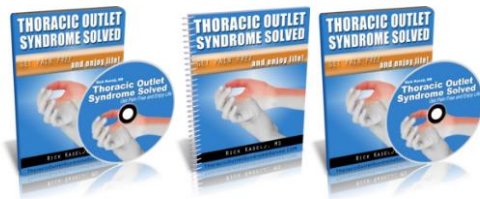


How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- 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

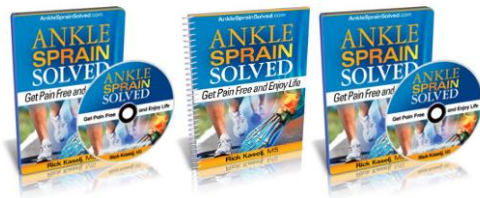


Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises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

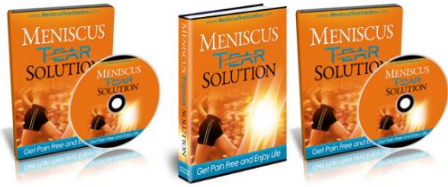


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- 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