

ExercisesForInjuries.com

# ROTATOR CUFF PRIMER WORKOUT

*Get Pain Free and Enjoy Life*

Presentation, Demonstrations & Exercises



Rick Kaselj, MS

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### Disclaimer

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***Rotator Cuff 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.

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

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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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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](mailto: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](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.





## Introduction

### Chapter 1: Introduction to Rotator Cuff Primer Workout

I want to welcome you to the Rotator Cuff Primer Workout. In this little intro, I'm going to go through what a Primer Workout is. A Primer Workout is my version of a warm-up. I found that traditional warm-ups just targeted on loosening up the joint. I find that that isn't enough in order to prepare the body for a workout or activity that you're going to do, prevent injury, and also help when it comes to the recovery of injury.

What I've found from my experiences training people with injuries since 1994 was that they needed to do a Primer Workout. P-R-I-M-E-R breaks down into a variety of words that highlight what my workouts target.

With P, we're looking at **preparation**. The Primer Workout **prepares** the body for what you're going to do afterwards. It could be working out or it could be a sport. What we're doing is we're preparing the body for what it's going to do afterwards.

Now we move to the R, which is **range of motion**. We need to work the joints of the body through full ranges of motion, and all the ranges of motion that the joint ends up targeting. So, when it relates to the rotator cuff, we're looking at targeting the shoulder joint and the shoulder blades, and all the different movements that it goes through.

Looking at I, **isolation**. We need to isolate specific joints when it relates to the Primer Workout. We need to target specific joints in order to prepare them, prevent injury, recover from injury, and prevent a future injury from happening in that area. That's why you'll notice that I have a wide variety of Primer Workouts. A Primer Workout for the knee, for the hip, for the back, for the shoulder, for the elbow, etc.

The next one is M, and what we're looking at is **movement**. We need to take the joints through movements, and we need to take the body through movements, full ranges of movements, and also functional ranges of movement. We talked about Isolation, but when applicable, appropriate movements throughout the body.

Next is E, which is **endurance**. What we're focusing in on is the endurance component of the muscle. We want that muscle to work and protect the joint for a long period of time. We're not just looking at strength, where it's the ability to lift or move something over a short period of time, we want the muscles to work and protect the joint for a longer period of time, and help when it comes to recovery and prevention.

And lastly is R, **resistance**. We need to add some resistance. We need to add some load in order to activate the larger muscle groups, the primary movers of the joint, and then we also need resistance to activate those stabilizing muscles, those smaller muscles that help prevent injury.

Now other things to remember, if we look at movement, when it comes to movement and moving those joints, we lubricate the joints, which is important so that there is less resistance in that joint when it comes to what we're doing later, and so that the joint functions better and is less likely to injure.

I kind of mentioned this in the last point with the resistance. We're working on those stabilizing muscles, which is really important. Activating those stabilizing muscles help protect the joint, and protect us from another injury or a future injury or injury during the workout or activity that we are doing.

We're also looking at getting our minds into what we're doing next. So when it comes to the Primer Workout, we're preparing our mind and getting it ready for what we're going to put ourselves through when it comes to working out or any activity that we're looking at doing. Because prior to, we might have been working and our minds are in some other space. Now we need to get our minds into what we're doing next in order to perform the best that we can, and also in order to prevent injury. If your mind's somewhere else, you're more likely to not be thinking correctly when it comes to your technique and it increases the risk of injury.

We're also grooving good motor patterns. We're looking at trying to reinforce good movements within the body. As you know, a lot of people lose those good movement patterns. Improper movement patterns lead to increased risk of injury. An example is someone that doesn't know how to swim, how they behave when you put them in the water, as opposed to someone that knows how to swim. They've got good movement patterns and they're smooth and fluid, while someone that doesn't is very inefficient and more likely to injure themselves.

That's what a Primer Workout is. And it's important with respect to the rotator cuff because we activate or wake up those muscles around the shoulder, those larger muscles. Also, we wake up those stabilizing muscles around the shoulder, which help protect and decrease the load on the rotator cuff. We also challenge the rotator cuff when it comes to activating it, working on its endurance, and then beginning to strengthen the rotator cuff.



When it comes to the Primer Workout for the rotator cuff, we're waking things up, but we're not exhausting it. If we exhaust the rotator cuff, it increases the risk of injury later in the day, and later during our activity.

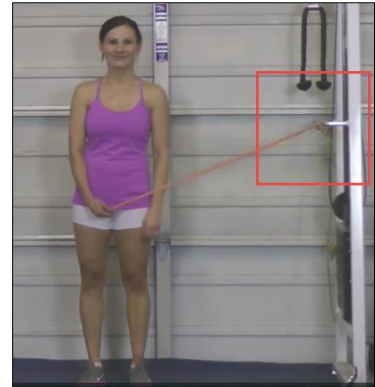
The Rotator Cuff Primer Workout is going to help prime up that rotator cuff, get it ready for what you're going to put it through. It's going to help prevent further rotator cuff injury. It's going to help when it comes to the recovery of a lingering rotator cuff injury.

In the next chapter, we're going through the 10 exercises involved in the Rotator Cuff Primer Workout, and they're broken into 3 different groups.

### Chapter 2: Rotator Cuff Primer Workout - Group 1

#### 1. *Arm Back*

So the first exercise is Arm Back. This is a shoulder extension movement. We have the tubing fixed to something, and you can use a loop tubing or a single strand tubing. You can start off at a point where you're at 45 degrees, or at just below 90 degrees. Depending on what you're able to do, you may need to start off with 45. If your shoulder is fine, then you can move to 80 degrees or just below 90 degrees.



With the first one, move the arm back, and then bring it back to the starting position, and bring it back. You're looking at the wrist being in neutral so it's not sloppy, the elbow is straight, it's not locked out, but it's straight, and you're going through 5 repetitions, and you can progress to 10 repetitions.

We're working on activating the posterior muscles of the shoulder, and the muscles in the shoulder blade.



**Start**



**End**

### **2. Down to Side**

The second exercise is Down to Side. This is a shoulder abduction exercise. Step to the side. And once again, you can move in a little bit more, and your arm can be at 45 degrees, or if your arm's fine and you're fully recovered, you can move further out so your arm is just below 90 degrees. Keep your wrist in neutral, arm and elbows straight, and bring it down to the side. You're working more of those larger lat muscles.

Same thing as before, 5 repetitions progressing to 10. I would suggest going through the 10 exercises and just go through 5 repetitions of each, and see how your rotator cuff and your shoulder feels afterwards. If it feels like it's been warmed up and worked, then that's the right level for you to be at. If it is easy and you don't really feel very much, then you can progress to the 10 repetitions.

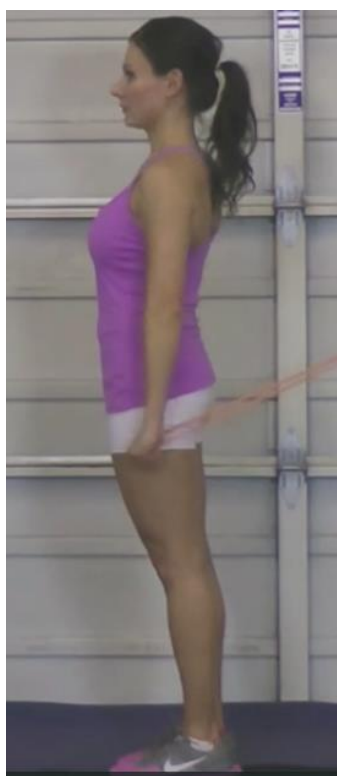


### 3. Arm Up

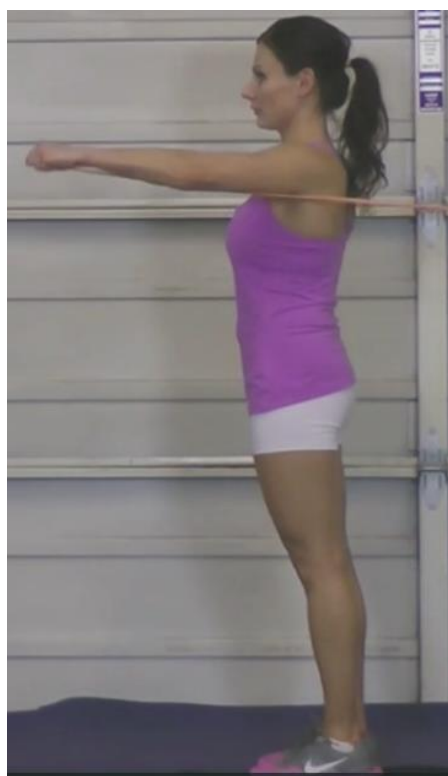
The third exercise is Arm Up. That's shoulder flexion. Have your back to where the tubing is fixed. Your arm is to the side, and then you're going to bring your arm up, and back down. So to start off, you can just come to 45 degrees, and then progress to just below 90.

So the movements with all of these is slow and controlled, and roughly two seconds from the start to the end position. At the end position, and the start position, you're holding for about one second.

Just like the other exercises, start off with 5 repetitions, and then progress to 10 repetitions.



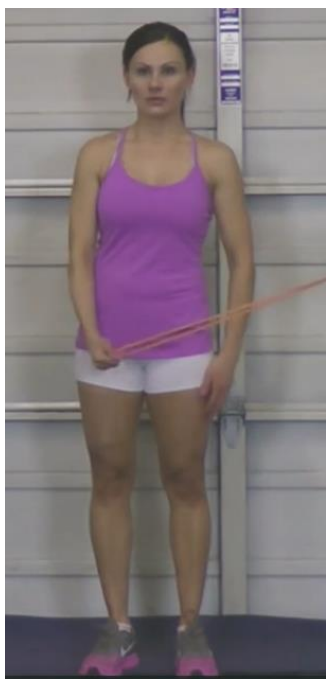
**Start**



**End**

### 4. *Arm Out to the Side*

The fourth exercise is Arm out to the Side, and this is shoulder abduction. You're starting with your arm to the side, lifting that arm out to the side, and back down. Just like with the other exercises, you can start off with just moving to 45, and then coming back down, and then you can progress to moving just below 90. Wrist is straight, elbow is straight. With this one, we're working more on that deltoid muscle, and then also the rotator cuff muscle.



**Start**



**End**

That's the first group of 4 exercises in the Rotator Cuff Primer Workout. With these 4 exercises, we're targeting the gross movements when it relates to that shoulder. We're waking up all of those muscles when it comes to the shoulder, those primary movers, those large muscles, and then also waking up those smaller stabilizing muscles, like the scapular stabilizing muscles, and then also the rotator cuff muscle.

As we go further into the other exercises, we'll target more and more specifically when it relates to the rotator cuff.

### Chapter 3: Rotator Cuff Primer Workout - Group 2

#### 5. *Single T's*

The first exercise, #5 in group two, is Single T's and we're working more of those stabilizing muscles in the shoulder.

Grab the tubing, move as far as you want away from where the tubing is fixed. The further away you are, the more difficult it will be. The arm is out in front, bringing it out to the side, arm is just below shoulder height, and where you're really working is around those shoulder blades in the back of the shoulder.

Just like with the other 4 exercises, start off with 5 repetitions, and then progress to 10.

Elbows straight, wrist is in neutral, and we're working back here and around that shoulder blade. And we're just coming to a point where the arm is in line with the shoulder. This is the first one of the second group.



**Start**



**End**



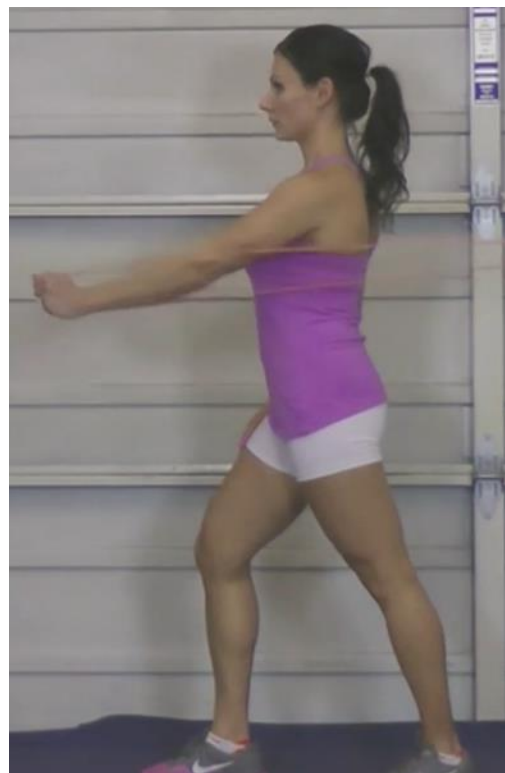
### 6. *Single Punch*

The second one is Single Punch. Face away from where the tubing is fixed, punch away, come back, punch away, and come back. Wrist is neutral, elbow comes to straight. What we're working on is, once again, those scapular muscles, but more that serratus anterior muscle, which is kind of tucked in the armpit.

Movements is good and controlled, so we're not trying to rip through this as fast as we can. The movement is going to take one-and-a-half to two seconds, and coming to a good stop at the start and at the end.



**Start**



**End**

### 7. *Single Y's*

And then the third one, #7, is Single Y's. Stand as far as you want from where the tubing is fixed. The further away, the harder it is. And then you're going to come out in a half Y. Arms out in front, coming out to the side, arms coming to a point where it's in line with the body.

With this one, we're focusing on a different part of the muscle in that shoulder blade, so more the lower trapezius muscle. The arm isn't straight up, it's to the side a bit, and you're working the back of the shoulder, the shoulder blade muscles, and then also down through here, more of the lower trapezius muscle.



We've gone through that first group, which targets the whole shoulder and the gross movements and the large muscle groups. Then we moved into the second group of exercises, where we target a lot more of those shoulder blade muscles, scapular stabilizing muscles. And then with the third group, we target a lot more when it relates to the rotator cuff muscle.

### Chapter 4: Rotator Cuff Primer Workout - Group 3

#### 8. *Single Rows*

The first one is Single Rows and we're targeting a lot more when it relates to the rotator cuff. Step away from the tubing, grab the tubing, arms out front, and then bring the elbow back and have that elbow just past the body.

With this one, we're really working the shoulder blades and mid-back area. And we're going with 5 to 10 repetitions.



**Start**

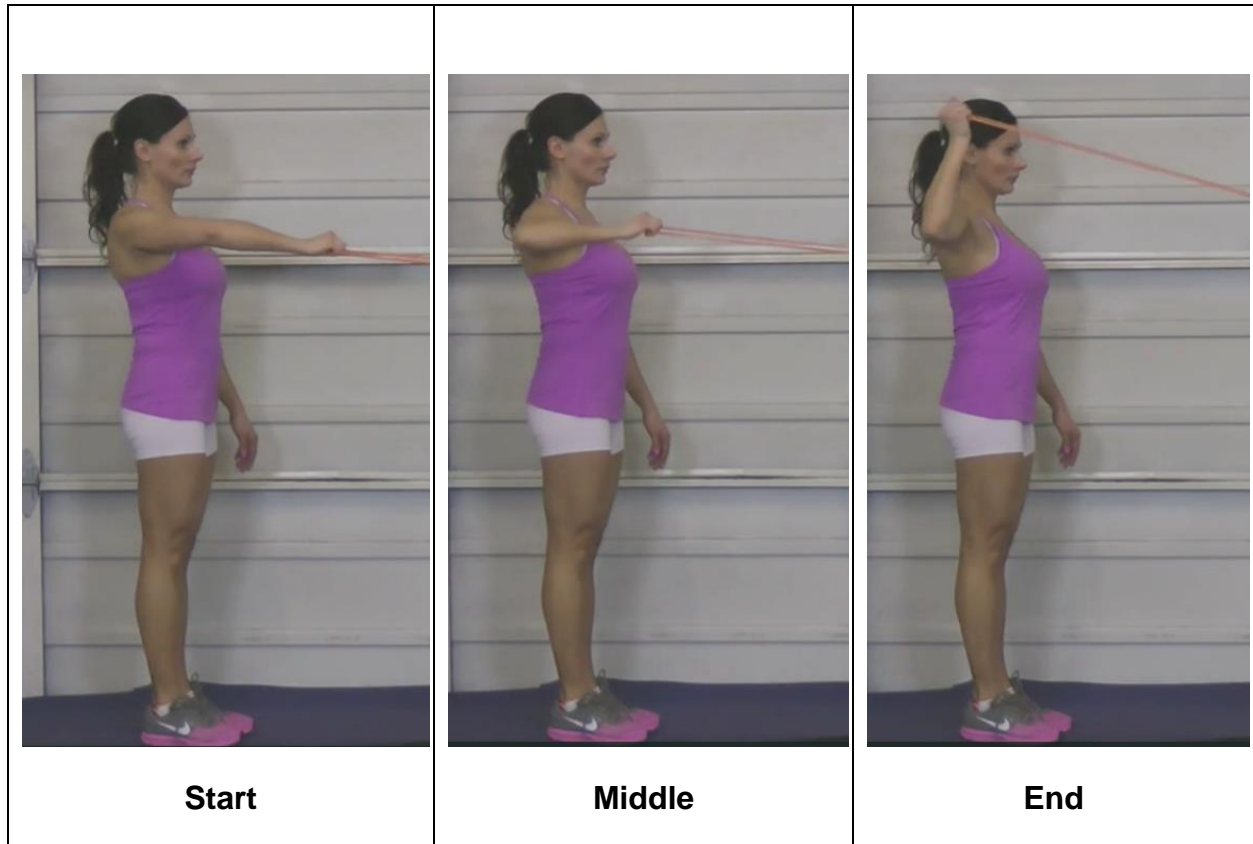


**End**

### 9. 90 90 Exercises

The ninth exercise is the 90 90 Exercise. You've got that arm just below shoulder height, you're gripping the tubing, you're bringing the elbow back, and then bringing the tubing back. With this one, we're really targeting the rotator cuff muscle. Bringing the elbow back, rotating back, and coming back to the start.

We're going with 5 to 10 repetitions. So when it relates to the rotator cuff, the more that we bring that elbow away from the body, the more that the rotator cuff muscle ends up being targeted. And the more that we add external rotation, rotating out, the more we target that rotator cuff muscle.



But we can't just do all kinds of exercises with the arm out to the side or rotating. That'll be way too much for the rotator cuff muscle. One common mistake people make is if they end up hurting the rotator cuff muscle, all they do is rotator cuff-specific exercises.

What happens is they end up fatiguing that muscle so it's not ready to protect them when they're working out.

If prior to your workout, you're working too much and fatiguing your rotator cuff, you end up exposing it to an injury during your workout, or exposing one of your other shoulder joint muscles to an injury.

### **10. Tubing Circles**

Now, the last one, so the third one in the group, is Tubing Circles. Arms out front, having that shoulder in the socket, and then going through circles, starting off with smaller circles, and then progressing to larger and larger circles. Going with one direction, and then going in that opposite direction as well.

The more that you have that arm out to the side, the more the rotator cuff is targeted, and the same with that rotation part.



### Chapter 5: Final Wrap Up

That is the Rotator Cuff Primer Workout. You have those 10 exercises to do. Each of those 10 exercises fall into a group.

So give all 10 of them a go and see how your shoulder and rotator cuff end up feeling. If it ends up being too much for you to do, just focus in on Group 1. So exercises 1 through 4, the gross movements that target all the muscles *around* the rotator cuff, but doesn't overload the rotator cuff muscle. Then you can progress by adding the second group. If it's still feeling better, you can add the third group.

There you go. Give those exercises a go. They're designed in order to prime up your rotator cuff muscle, which will get it ready for your workout or whatever activity you're doing. It will also help when it comes to overcoming a rotator cuff injury, and help prevent a rotator cuff injury.

This is Rick Kaselj from ExercisesForInjuries.com and Rotator Cuff 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.

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### 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***

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### 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...

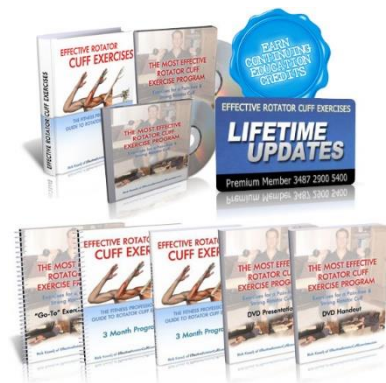
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two 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](http://www.ThePainHacker.com/free-DVD-2)

### Other Products from Rick

#### Heal Rotator Cuff Injuries FAST

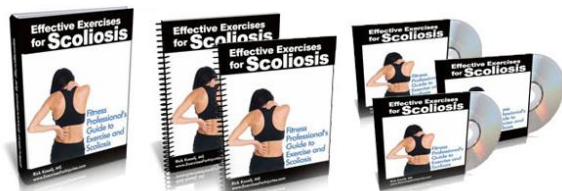


This comprehensive toolbox of 57 rotator cuff- specific exercises is **EVERYTHING** you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- 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](http://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](http://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](http://www.ScapularStabilizationExercises.com)

### Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)



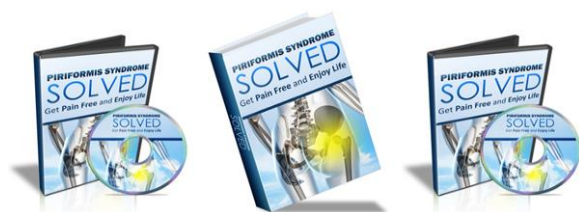
Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis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

### No More Neck Pain



What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your

neck... not just a temporary fix

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

Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)

### Erase Foot & Heel Pain (Plantar Fasciitis)

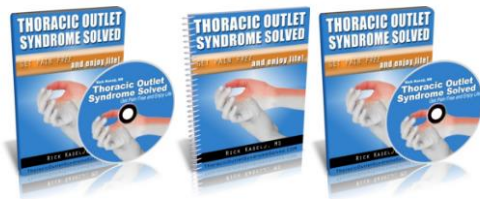


How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- 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](http://www.PlantarFasciitisReliefIn7Days.com/home11)

### Eliminate Thoracic Outlet Syndrome

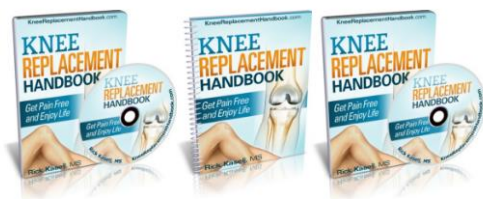


FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- 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](http://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](http://www.KneeReplacementHandbook.com)

### Overcome Your Hamstring Injury



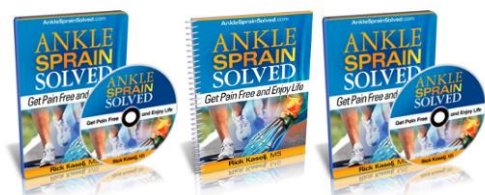
Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises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

### Fix Your Frozen Shoulder



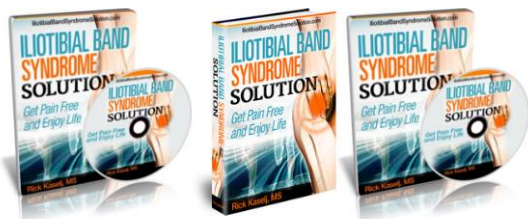
Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your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



### Iliotibial Band (IT Band) Syndrome Solution

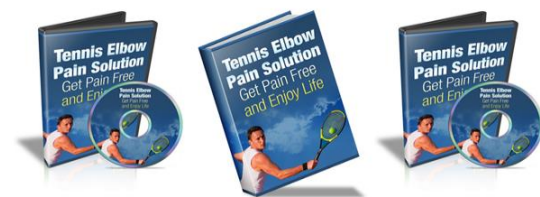


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- 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](http://www.IliotibialBandSyndromeSolution.com)

### Eliminate Tennis Elbow

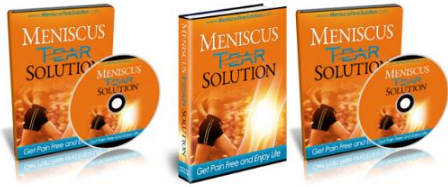


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.JumpersKneeSolution.com)