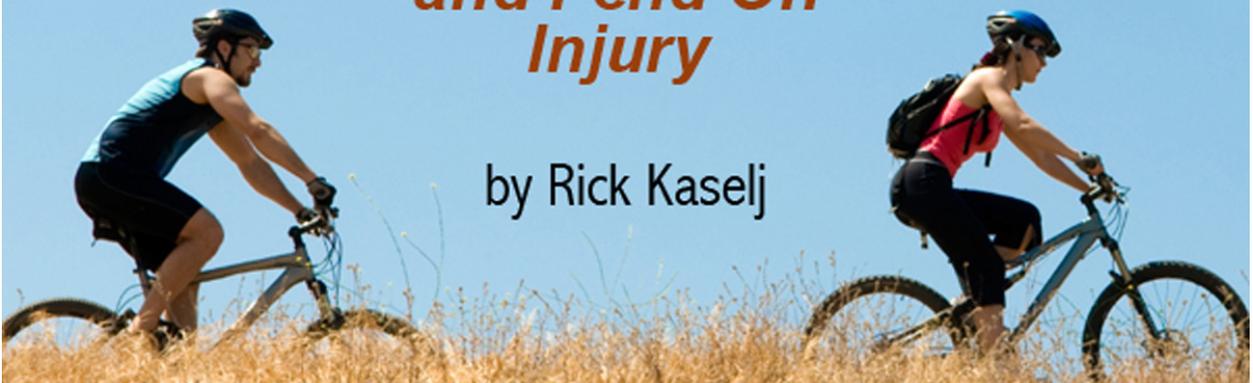


RECOVERY WORKOUTS



*Speed Up Your Recovery
Between Workouts
and Fend Off
Injury*

by Rick Kaselj



Rolling Recovery

RecoveryWorkouts.com

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Title:

Rolling Recovery

Edition:

1st edition (May 2012)

Author: Kaselj, Rick, 1973 –

Key words: foam roller, foam rolling

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Published by:

RK Healing Through Movement

#199 19567 Fraser Highway

Surrey, BC V3S 9A4

E-mail: support@ExercisesForInjuries.com

Webpage: <http://ExercisesForInjuries.com>

Phone: (888) 291-2430

Fax: (604) 677-5425

Exercise Considerations

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

Disclaimer

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

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his

effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Please note: For your information and reference, I have included URLs and hyperlinks to web pages I've researched, relevant to the contents of this manual/guide/book. While I am unable to guarantee that these links will remain active, should you have any questions regarding my online research, please contact me directly.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

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

Guarantee

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

Contact Me

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



Your Rolling Recovery Program

Rolling Recovery Cheat Sheet



#1 – Calf Recovery



#2 – Hamstring Recovery



#3 – Shin Recovery



#4 – Quad Recovery



#5 – Hip Flexor Recovery



#6 – Seat Recovery



#7 – Gluteus Medius



#8 – Piriformis Recovery



#9 – Lats Recovery

Rolling Recovery Exercise Table

Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1	Calf Recovery	http://vimeo.com/37394793	8Roll	Perform 1 set of 5 repetitions, daily.
#2	Hamstring Recovery	http://vimeo.com/37395170	8Roll	Perform 1 set of 5 repetitions, daily.
#3	Shin Recovery	http://vimeo.com/37404238	8Roll	Perform 1 set of 5 repetitions, daily.
#4	Quad Recovery	http://vimeo.com/37406212	8Roll	Perform 1 set of 5 repetitions, daily.
#5	Hip Flexor Recovery	http://vimeo.com/37406341	8Roll	Perform 1 set of 5 repetitions, daily.
#6	Seat Recovery	http://vimeo.com/37406468	8Roll	Perform 1 set of 5 repetitions, daily.
#7	Gluteus Medius Recovery	http://vimeo.com/37406783	8Roll	Perform 1 set of 5 repetitions, daily.
#8	Piriformis Recovery	http://vimeo.com/37407405	8Roll	Perform 1 set of 5 repetitions, daily.
#9	Lats Recovery	http://vimeo.com/37407302	8Roll	Perform 1 set of 5 repetitions, daily.

About the Rolling Recovery Program

The focus of the Rolling Recovery program is to help your body recover from your exercise program to prevent injury, and to get your body ready to perform and get maximal results in your next workout.

We do this by combining your body weight and a foam roller.

We all know that great feeling after having a massage. We feel relaxed, our muscles are less tense, and a little while later we feel re-energized. With this feeling you are ready to take on your day and to take on your next workout.

I wanted this same feeling but was not able to go get a massage every day, so I looked into what else I could do to achieve that same feeling. I found the solution with a foam roller.

And that discovery led to Rolling Recovery.

What is Rolling Recovery?

Rolling Recovery is a set of 9 simple movements that you can do with a foam roller and your body weight to give you that after-massage feeling.

Each of the movements target an area in the body prone to tension, and helps relax the muscles to release the tension and energize the body. This helps prevent injuries and prepares the body for the next workout.

Key Things to Remember About Rolling Recovery

- While you can do these movements at any time of the day, the best time is in the evening. That way you can go to bed relaxed and wake up with greater energy.
- You will feel better immediately after the first time you do this routine, but for maximal effect, do it every day for a few weeks. Doing it here and there takes away from its effectiveness.
- Follow the exercises in the order they are in. The exercises are in an order to help unwind the body and lead to even better results.
- Remember to relax the muscle that is being rolled. You can do this by visualizing the muscle relaxing, and integrating your breathing with the rolling.

- If you feel dizzy when doing these movements or have a vascular disease, do not do these exercises.

About the Foam Roller

In Rolling Recovery, all of the exercises use a foam roller. In the photos and videos, I am using a 3-foot foam roller but you can use a 1-foot foam roller for all of the exercises.

I would suggest using a foam roller that is semi-soft. A very firm foam roller may provide too deep of a massage. A soft foam roller may not provide enough pressure.

Where to get a Foam Roller

- A foam shop
- Local fitness exercise store
- Department store
- Local yoga studio
- Amazon.com

Exercise Legend

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

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

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

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

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

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

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

Equipment Needed

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

- *Foam Roller*
- *Body weight*

EXERCISE 1: Calf Recovery



Purpose:	To release tension in the calf.
Starting Position:	Sitting on the floor with a full foam roller under your ankle and above your heel.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift your seat off the ground with your arms and then roll the foam roller up your calf in a controlled manner to just below your knee. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each leg.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Shoulder Injury – If you have any shoulder issues, be cautious of the position of your arm.
Video of this exercise: http://vimeo.com/37394793 / Password: 8Roll	

EXERCISE 2: Hamstring Recovery



Purpose:	To release tension in the hamstring.
Starting Position:	Sitting on the floor with a full foam roller just below your knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift your seat off the ground with your arms and then roll the foam roller up your hamstring in a controlled manner to just below your sit bones. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each leg.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Shoulder Injury – If you have any shoulder issues, be cautious of the position of your arm.

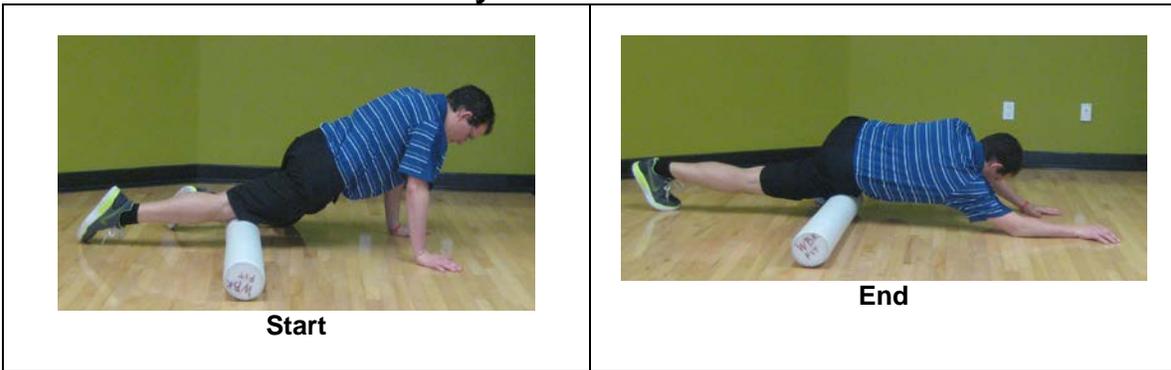
Video of this exercise: <http://vimeo.com/37395170> / Password: 8Roll

EXERCISE 3: Shin Recovery



Purpose:	To release tension in the shin muscle (tibialis anterior).
Starting Position:	Kneeling on the floor with a foam roller under your right ankle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Shift some of your weight onto the foam roller. Roll the foam roller up the shin muscle in a controlled manner until it is just below the knee. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each leg.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Knee Sensitivity – If you feel sensitivity in your kneeling knee, put a towel or mat under it.
Video of this exercise: http://vimeo.com/37404238 / Password: 8Roll	

EXERCISE 4: Quad Recovery



Purpose:	To release tension in the quadriceps muscle.
Starting Position:	Lying on the floor with a foam roller just above your right knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Shift some of your weight onto the foam roller. Roll the foam roller up the quadriceps muscle in a controlled manner until it is just below the hip joint. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each leg.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Knee Sensitivity – If you feel sensitivity in your kneeling knee, put a towel or mat under it.

Video of this exercise: <http://vimeo.com/37406212> / Password: 8Roll

EXERCISE 5: Hip Flexor Recovery



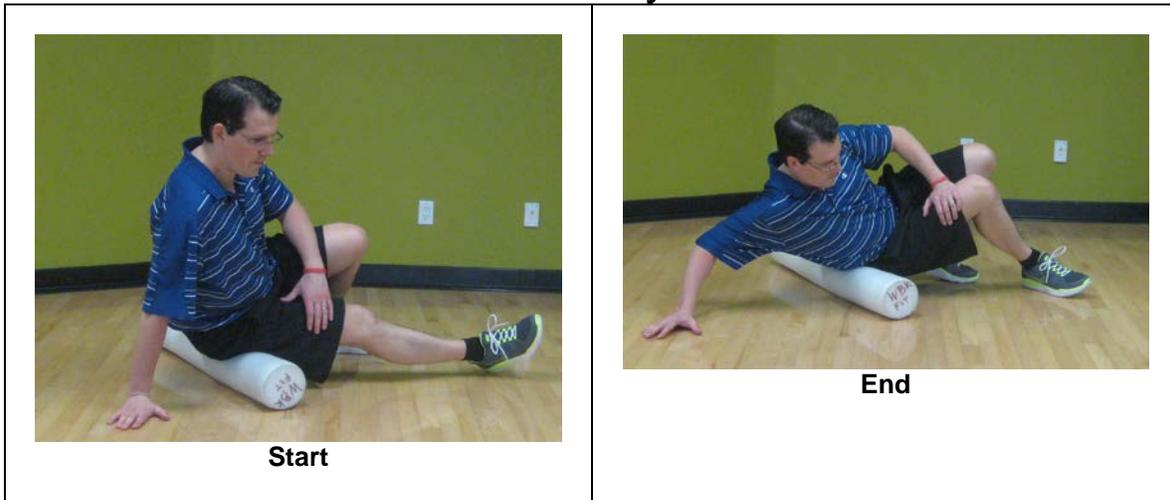
Purpose:	To release tension in the hip flexor muscle.
Starting Position:	Lying on the floor with a foam roller just below your hip joint.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Shift some of your weight onto the foam roller. Roll the foam roller in a controlled manner up your thigh until you reach the top of your pelvis. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each leg.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/37406341 / Password: 8Roll	

EXERCISE 6: Seat Recovery



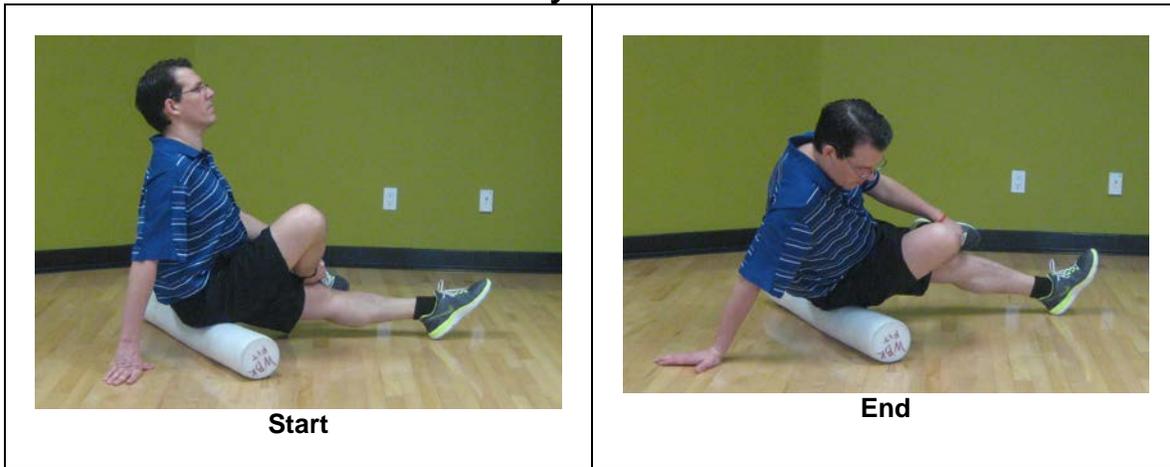
Purpose:	To release tension in the seat.
Starting Position:	Sit on a foam roller so it is at your sit bones.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller in a controlled manner from your sit bones up to the top of your pelvis. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Shoulder Injury – If you have any shoulder issues, be cautious of the position of your arm. - Old Neck Injury – If you have an old neck issue, be cautious of your head position. - Dizzy – If you feel dizzy doing this movement, discontinue the movement.
Video of this exercise: http://vimeo.com/37406468 / Password: 8Roll	

EXERCISE 7: Gluteus Medius Recovery



Purpose:	To release tension in the gluteus medius.
Starting Position:	Sit with one cheek (at your hip joint) on the foam roller at a 45 degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller from the hip joint at a 45 degree angle to the top of your pelvis, in a controlled manner. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each cheek.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Shoulder Injury – If you have any shoulder issues, be cautious of the position of your arm. - Old Neck Injury – If you have an old neck issue, be cautious of your head position. - Dizzy – If you feel dizzy doing this movement, discontinue the movement.
Video of this exercise: http://vimeo.com/37406783 / Password: 8Roll	

EXERCISE 8: Piriformis Recovery



Purpose:	To release tension in the piriformis (deep hip muscle).
Starting Position:	Cross your right leg over your left leg. Sit with your right cheek (at your hip joint) on the foam roller at a 45 degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller from the hip joint at a 45 degree angle two inches towards the top of your pelvis in a controlled manner. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each cheek.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Shoulder Injury – If you have any shoulder issues, be cautious of the position of your arm. - Old Neck Injury – If you have an old neck issue, be cautious of your head position. - Dizzy – If you feel dizzy doing this movement, discontinue the movement.
Video of this exercise: http://vimeo.com/37407405 / Password: 8Roll	

EXERCISE 9: Lats Recovery



Purpose:	To release tension in the lats.
Starting Position:	Cross your arms and rest the upper part of your lower back on the foam roller.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Shift your weight towards the right side of your back. In a controlled manner, roll up your back a few inches. 2. Roll it back to the start. 3. Perform 1 set of 5 repetitions on each cheek.
Progressions:	<ul style="list-style-type: none"> - Perform 10 repetitions - Do 1 set of 10 in the morning and 1 set of 10 in the evening. - Put more of your body weight into the foam roller
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. - Old Neck Injury – If you have an old neck issue, be cautious of your head position. - Dizzy – If you feel dizzy doing this movement, discontinue the movement.
Video of this exercise: http://vimeo.com/37407302 / Password: 8Roll	

FAQ – Frequently Asked Questions

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 24 hours.

Will I get anything in the mail?

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

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 24 hours.

Where are my download details for the product?

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes.

Where is your email with the download details?

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

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

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

What if I unsubscribe from your emails?

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

What will appear on my credit card for this purchase?

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

About Rick Kaselj

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



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

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

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

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

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

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

To learn more about Rick Kaselj, please visit

<http://www.ExercisesForInjuries.com>

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

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

How Healing Through Movement can help you:

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

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

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

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

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

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

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

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

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

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

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

Where can Healing Through Movement meet you:

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

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

Founder of Healing Through Movement - Rick Kaselj

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



Healing Through Movement
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#199 – 19567 Fraser Highway
Surrey, BC V3S 9A4
Phone: (888) 291-2430 Fax: (604) 677-5425
Webpage: <http://HealingThroughMovement.com>

Other Products from Rick Kaselj

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

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



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

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

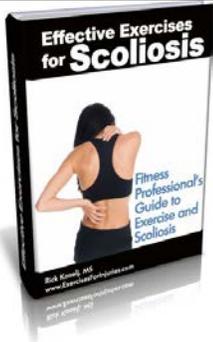
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

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

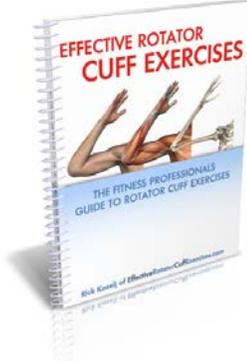
For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>



The Most Effective Exercises For Scoliosis (Earn 6 CECs) - Fitness Professional's Guide to Exercise and Scoliosis -

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

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



Effective Rotator Cuff Exercises (Earn 6 CECs) - Fitness Professional's Guide to Rotator Cuff Exercises -

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

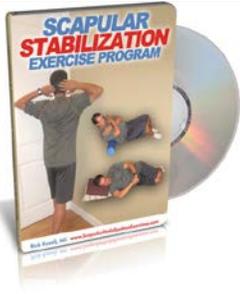
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

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

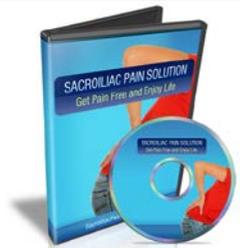
Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

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

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



Sacroiliac Pain Solution

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

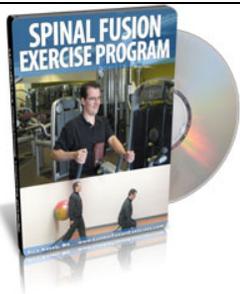
For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

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

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



Lower Back Spinal Fusion & Exercise

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

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



Exercise and Plantar Fasciitis

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

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



Knee Injury Solution

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

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

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

Visit <http://ExercisesForInjuries.com>
