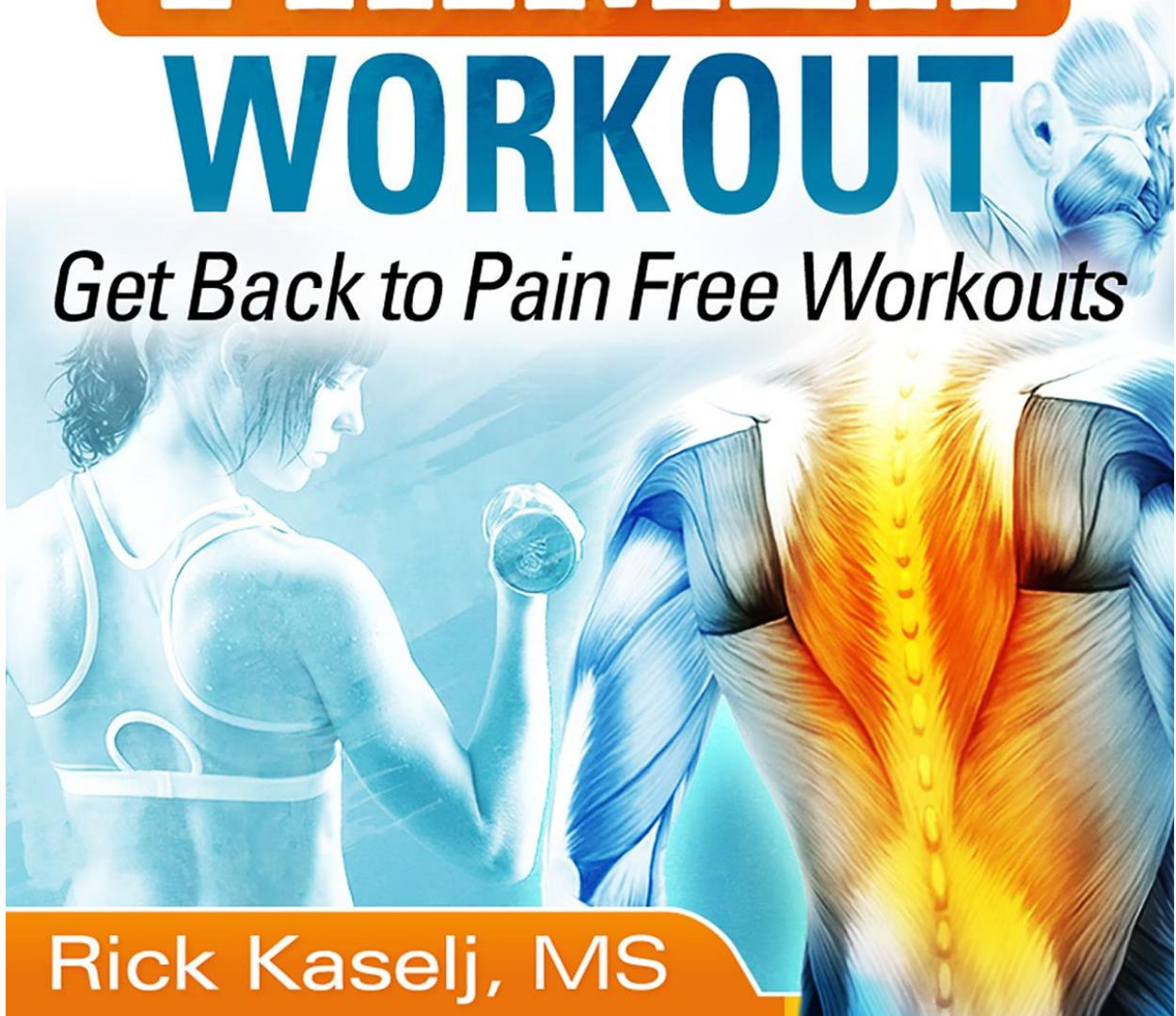


ExercisesForInjuries.com

BACK PRIMER WORKOUT

Get Back to Pain Free Workouts



Rick Kaselj, MS

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Disclaimer

Back 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.

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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.



Introduction

Chapter 1: Introduction to Back Primer Workout

Hey, this is Rick Kaselj from ExercisesForInjuries.com and Back Primer Workout. I wanted to welcome you to the Back Primer Workout program.

Now, at the start I want to explain what a Primer Workout is. A Primer Workout is my version of a warm-up. What I found, in doing the regular warm-ups out there, is that they're not very effective when it comes to preparing the body for activity, preventing injuries, and overcoming injuries.

I tweaked the regular workouts that are out there, the warm-ups, into a Primer Workout, because the regular warm-ups out there focus on just a lot of range of motion exercises. And that's okay, but that's not everything that you need in order to prepare the body for what you're going to get it to go through, and also to help prevent injuries, and help overcome injuries.

Let me specifically explain how a Primer Workout is different from the regular warm-up that is out there. P-R-I-M-E-R is broken down and explains things.

The first letter in primer is P. The purpose of Primer Workout is to **prepare** the body for what you're going to put it through, and it can be an activity, exercise, or sports. We want the Primer Workout to prepare you mentally and physically for what you're going to put the body through next.

The second is **isolation**. I found that regular warm-ups targeted the whole body overall. But what you need to do is, you need to isolate, you need to target specific joints that are important for you. They might be important because you have had issues there before, they're stiff, you could have muscle imbalances, or they could be injured or were previously injured. You need a warm-up to focus on that specific joint. That is isolation.

We move on to M. We need **movement**. So we've isolated and focused that specific joint, but we need to integrate that joint with the rest of the body, and that's why we look at movement. We do some exercises that target the whole body as a whole, which is important, because we need to target things in isolation, but then we also need to integrate things as a movement, because the body moves as one unit.

The next is E which is the **endurance**. We want to target the endurance side of things. And when we target the endurance side of things, what we're targeting are the endurance muscles, which are the stabilizing muscles. And those muscles, often times, if you stay in a position for a long period of time like standing or sitting, those muscles end up not working properly, or if that area is injured, those muscles are not working

properly. We need to wake up those muscles and we need to activate those muscles, because they are important in preventing and overcoming injuries.

Now R in primer is **resistance**. We need to add some sort of resistance in order to activate the muscles in that joint. A lot of times what we will do is we'll activate the stabilizing muscles, but then we also need to hit those primary moving muscles, the gross movement muscles, that help that movement happen overall.

That explains P-R-I-M-E-R, but a couple of other things to remember when it relates to primer is, when we do the isolation movements, we're going through a number of repetitions, usually 5 to 10, in order to lubricate the joint and loosen it up, because the joints in our body are self-lubricating. They loosen up and lubricate the more that you move them.

The other one is stabilization. We talked about that. We need to activate those muscles that stabilize and protect that joint.

We need to get our minds into the workout. That is what I was saying when it comes to preparation. The Primer Workout gets your body *and* mind ready for what you're going to put it through next.

Lastly, when it relates to the movement, we're trying to groove good movement patterns. There are movements that the body goes through, especially around certain joints, where it's important that the technique ends up being perfect, and that we repeat and reinforce good movement patterns, especially before you change them by adding load, or speed, or movement.

I hope that explains what the Back Primer Workout is, and how it's different and more superior than a regular workout that's out there. Now, let's move on to the exercises and movements in the Back Primer Workout.

Chapter 2: Back Primer Exercises Group 1

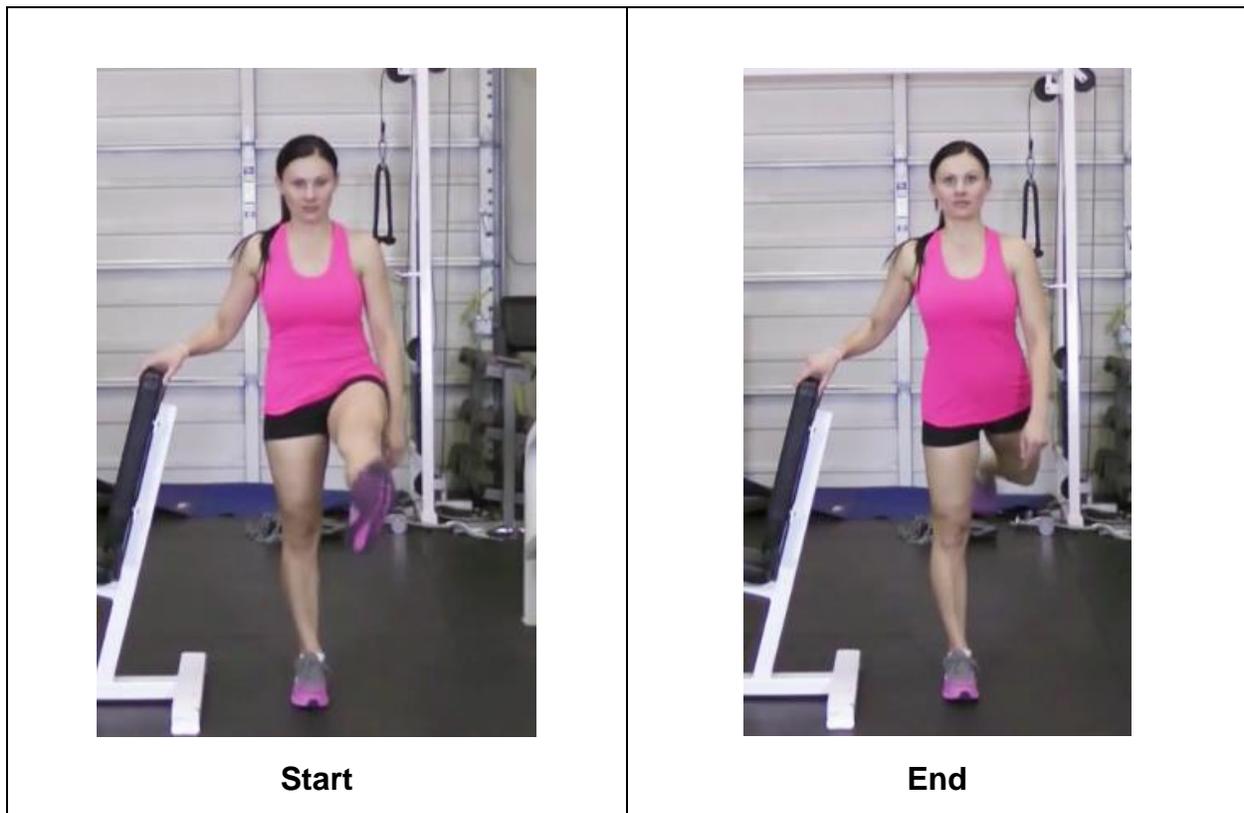
In the first group of exercises, we're primarily working on the range of motion and dynamically stretching the muscles around the back area.

1. Leg Swings

The first exercise is Leg Swings. You're standing on one leg, you've got support, so you're holding onto something because we're not worried about balance, and you're swinging that leg forward, and swinging it back.

Whenever you're swinging it forward, you're looking for a light stretch in the hamstrings and in the glutes. And when you bring that leg back, you're looking for a light stretch in the thigh or in the hip flexors or front of the hip. You're looking at trying to go a little bit further and further with each repetition.

When it comes to your upper body, there's a little bit of movement, but it's not drastic. We're mainly trying to focus in on loosening up that hip, the front of the hip, and the back of the hip.

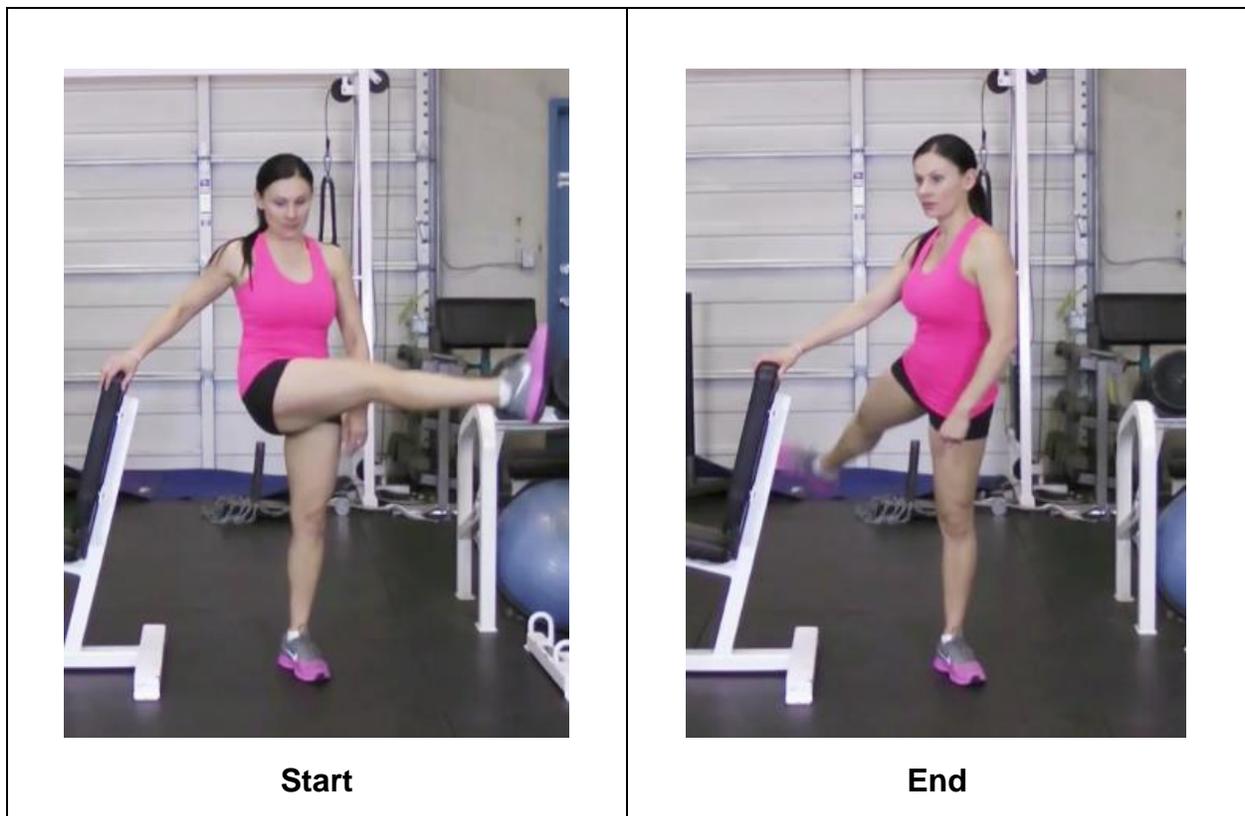


2. *Diagonal Leg Swings*

The second one is Diagonal Leg Swings. Same starting position as the other one, and now we're bringing that leg at a diagonal across the body. And with the standing leg, we're rotating in and out. And with that outer leg that we're swinging, we're looking at bringing it across the body, and then also rotating it in and out.

With this one, we're looking at stretching out the internal and external rotator muscles in that hip area, which often times, end up being tight and short, and this tightness and shortness has an effect on the back. If those muscles, or that hip doesn't move properly, it puts extra stress on the back. The back has to pick up the slack.

With that first exercise, the Leg Swing, and that second exercise, the Diagonal Leg Swing, we're loosening up the hips so the hips can take up more movement, and not put unnecessary stress on that low-back.



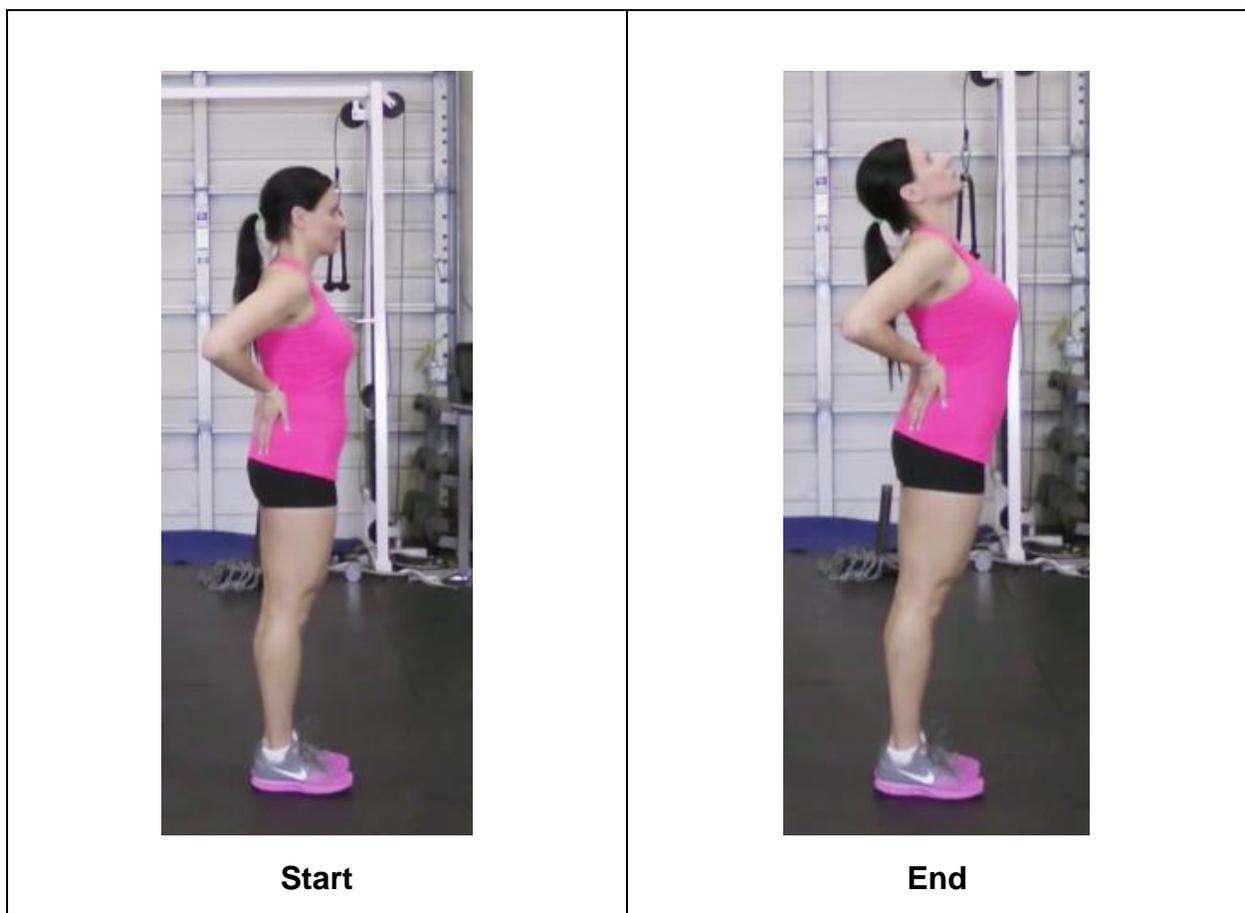
3. *Back Extension*

With the third exercise, we're moving into Back Extensions. You have your hands on your hips, and you're arching back, and then coming back to the start. When you're arching back, you're coming to a one-second stop, and then coming back to the start.

With this exercise, and the other 2 that we went through, you're starting off with 5 repetitions, but then you can progress to 10 repetitions.

Now with the Back Extension, what we're specifically doing is loosening up the back. With 95% of people, they end up sitting, and when it comes to sitting, they round forward and the back ends up being stiff and tight in that arching or arching back movement.

We're loosening up the back in that direction that tends to be excessively tight. That's what we are doing when it comes to the Back Extension exercise.

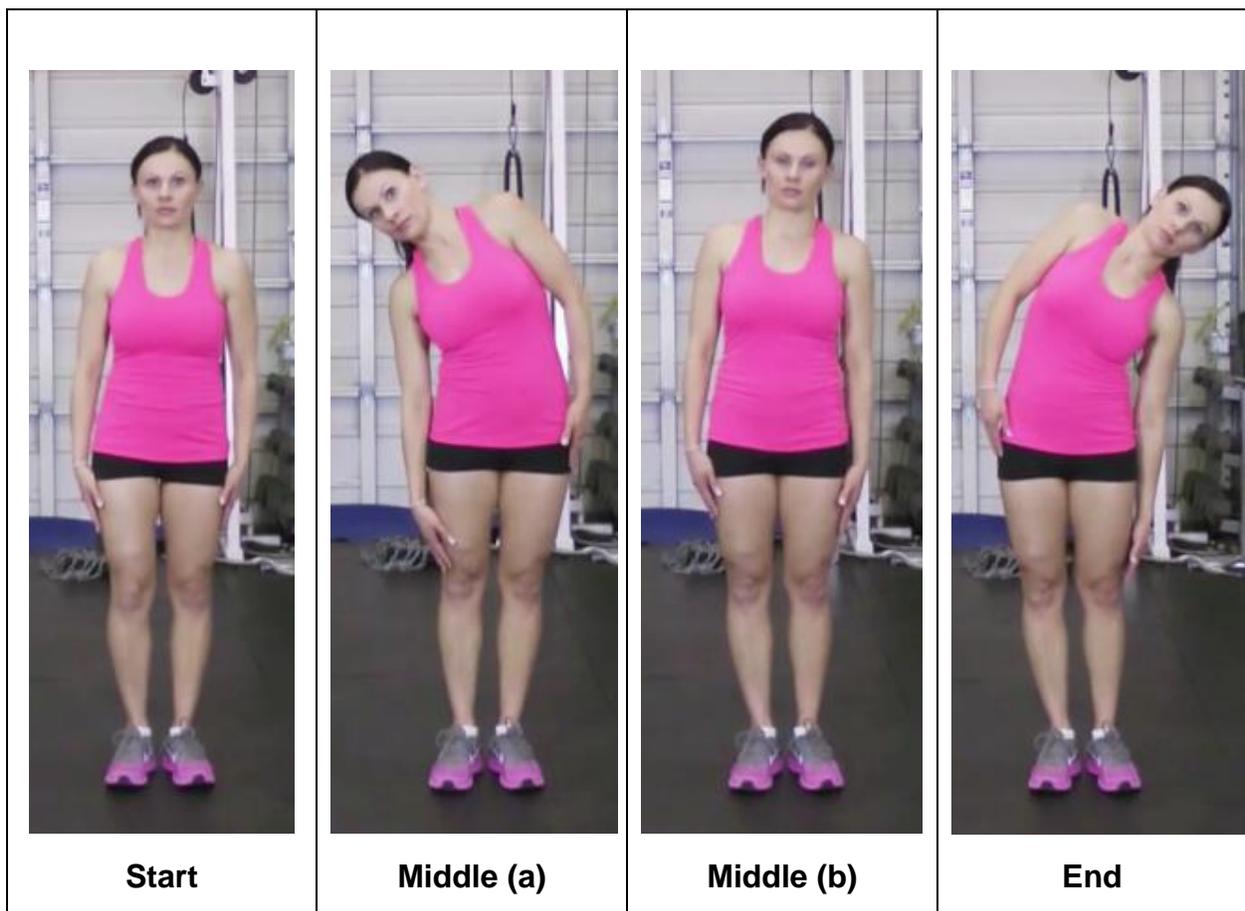


4. 3-Way Mid-Back Movement

The fourth exercise is 3-Way Mid-Back Movement. The first one, your legs are just naturally where they are. And now what you're doing is you are side bending, reaching, sliding the hand down the leg as far as you can, and you're focusing on that movement happening in the mid-back area. You're going to get some movement in the low-back, but we're focusing in on the movement in the mid-back.

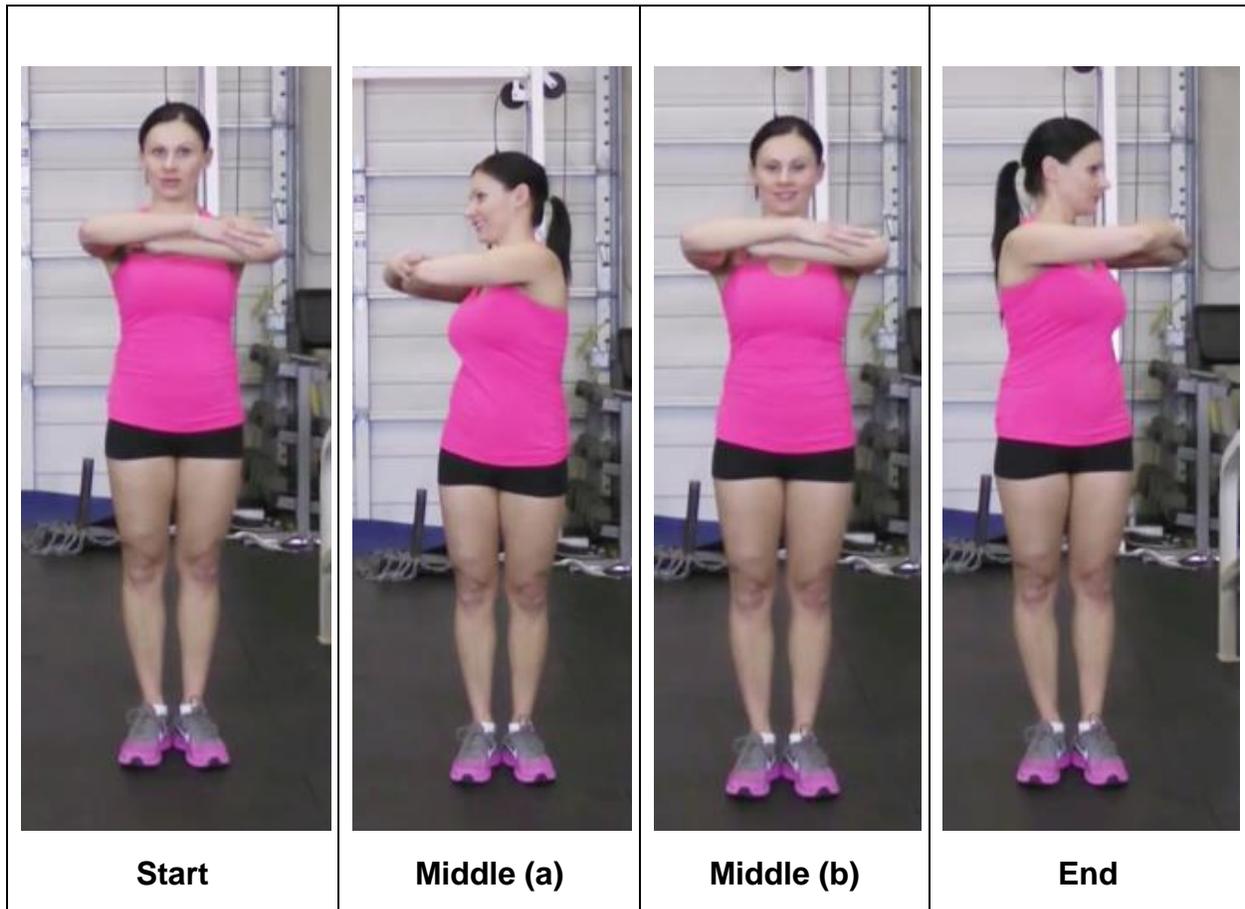
Just like the hips, a lot of times, if the mid-back is excessively tight or has poor movement, the low-back has to pick up that excessive movement. You want to loosen up that mid-back, so we don't end up putting unnecessary stress in that low-back.

That first movement was that side bending movement.



Back Primer Workout

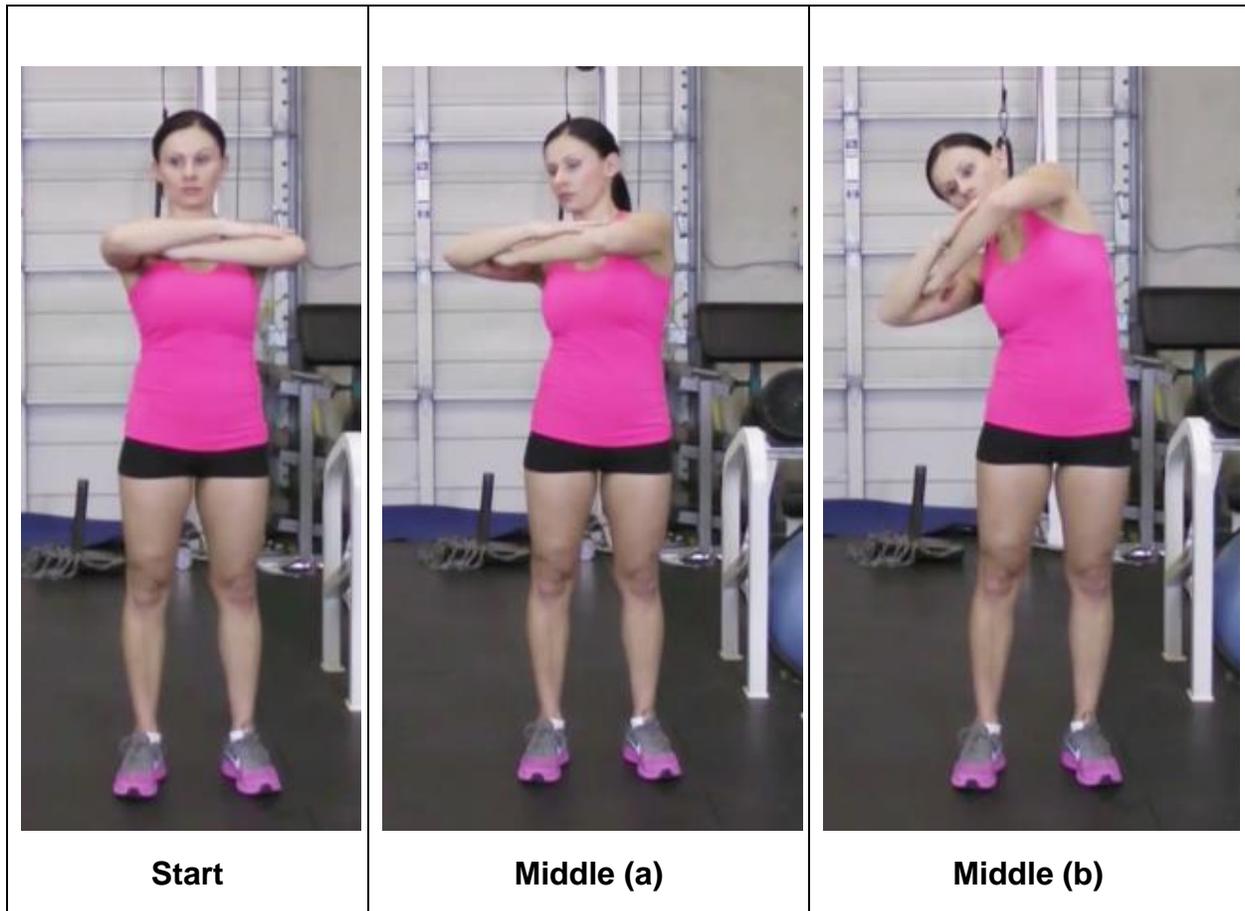
The second movement that we're doing, is we're starting off with a wider stance, we've got a wide stance in order to lock in the hips, and now we're going to rotate to one side, and then rotate to the other. We're trying to focus in on rotating through that mid-back area.

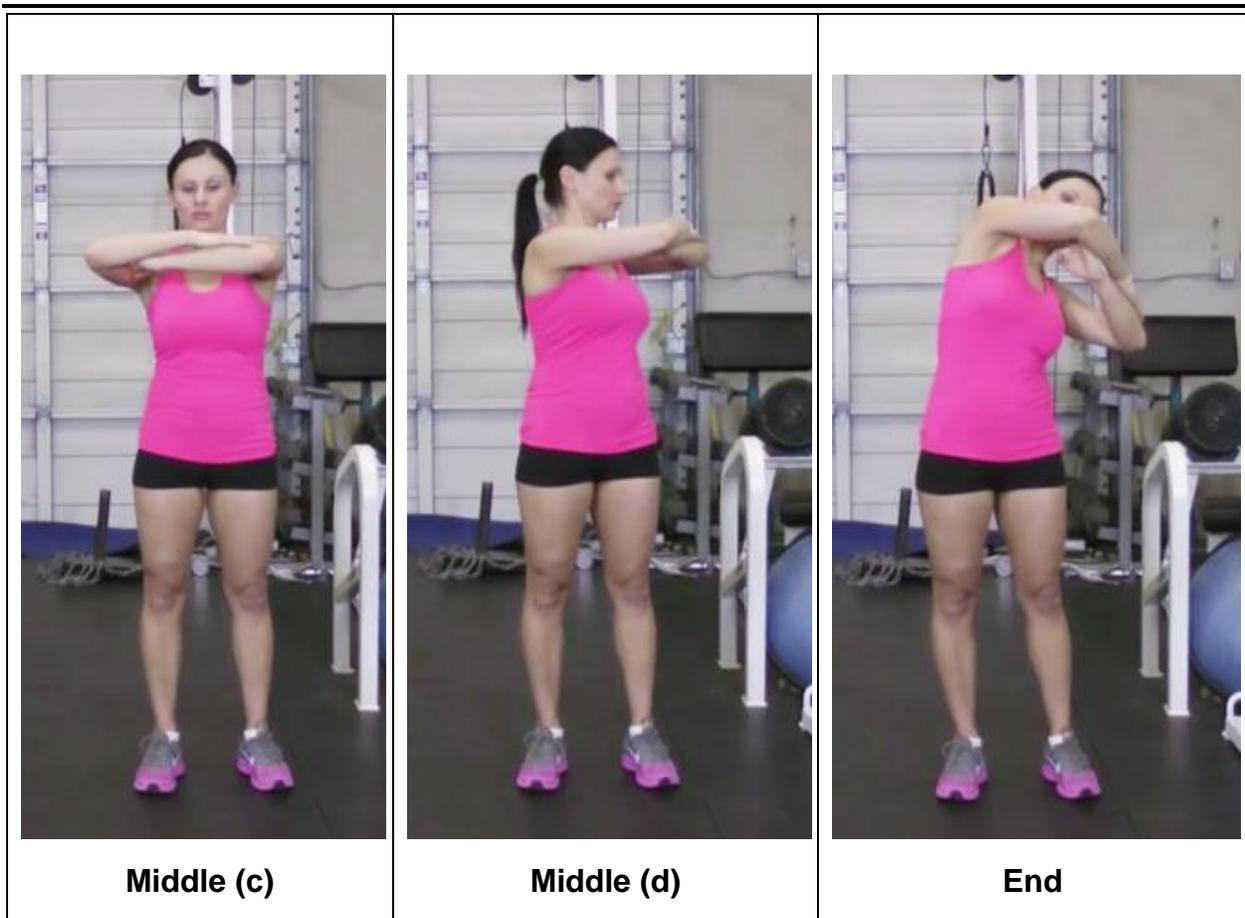


With the side-to-side, we've loosened up that mid-back area in that side-to-side movement. Now we're trying to rotate that mid-back area when it comes to the movement when it relates to rotation. I would start off with 5 repetitions, and then you can progress to 10 repetitions.

Back Primer Workout

The third movement, you're going to rotate to one side, and then you're going to side bend. It's a combination of the first two movements that we talked about. So you're rotating, and you're side bending. The key part is really focusing in on that mid-back area.





We've demonstrated the 3-Way Mid Back Movement in standing, but what might be easier for you is to do the exercise in sitting. When it comes to sitting, it locks in your legs and hips better, so you can target the mid-back.

Do whatever is convenient for you. You can do it standing like we demonstrated, or what will target that area better, and what is a little bit easier, is to do the exercise in a sitting position.

That is the first group of exercises when it relates to the Back Primer Workout. We did the Leg Swings, the Diagonal Leg Swings, the Back Extension exercise, and the 3-Way Mid Back Movement. We've loosened up the hips, we've loosened up that low-back area, and we've loosened up that mid-back area.

Now we'll move on to the next group of exercises.

Chapter 3: Back Primer Exercises Group 2

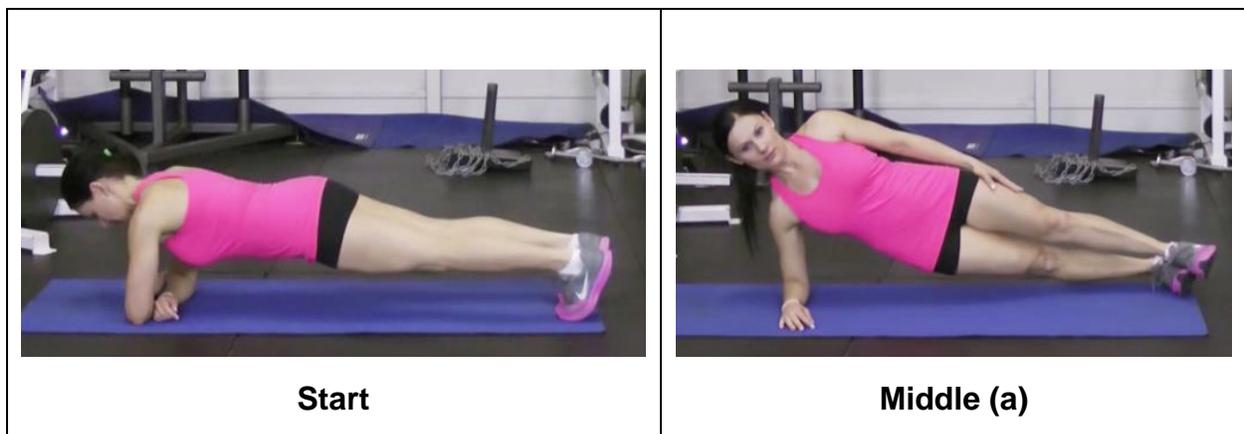
We've gone from the range of motion and dynamic stretching ones, and we've moved into the stability ones, and targeting those core muscles throughout the spine in the mid-back area, and then also in that shoulder and shoulder blade area.

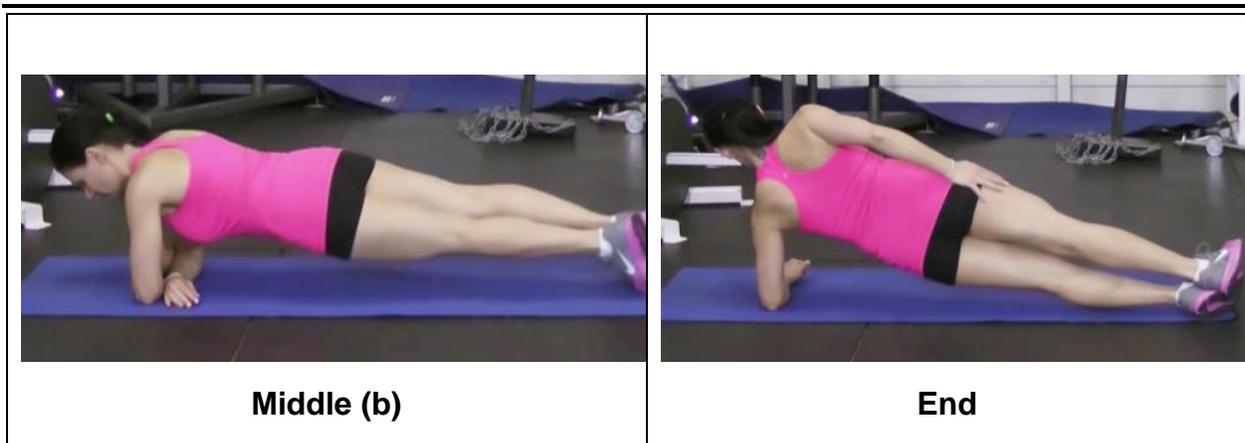
5. 3-Way Plank

The fifth exercise is the 3-Way Plank. You have your forearms stacked and then you get into a good plank position, then you're going to hold that for 5 seconds, and then you're going to rotate and move to one of your sides. And then the arm can come to the side, one, two, three, four, five seconds, back to the middle, then move to the other side, then back to the middle, five seconds, and then the other side.

We're targeting those stabilizing muscles in the shoulder, shoulder blade, and in the shoulder throughout that core, when it comes to the side, front, and opposite side, and then also in the hip, in all three directions as well.

You can start with three-second holds on each side in the front, one side, back into the front, other side, just starting off with a three-second hold, and then it can progress to about a five-second hold. If that's still way too easy, then increase the hold to about ten seconds. And you're doing 5 repetitions on each side, so 5 in the front, 5 on one side, 5 on the other side.





6. *Bird Dog*

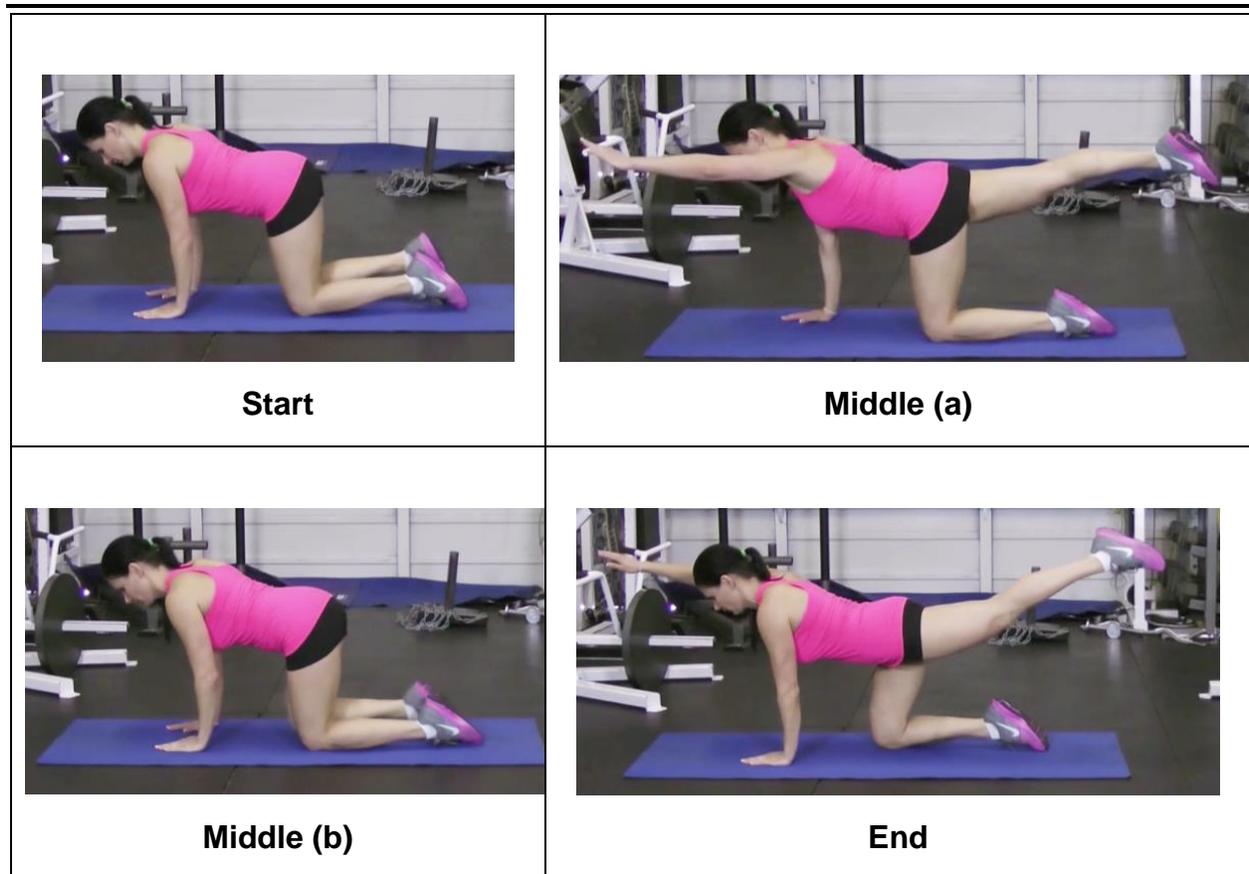
The sixth exercise is the Bird Dog exercise. Get into a four-point position, hands are underneath the shoulders, knees are underneath the hips, tightening the abdominal area, head is looking in between your hands. Now, lift one arm out front and move the opposite leg back, and then come back to the start, and move to the other side, and back, and then alternate, and back.

If this is too easy, you can go to the end position, you can add pulses for a couple of seconds, and then come back down, and then go to the opposite side, up, and then add pulses. You're really working the hamstrings and the glutes, and really working those scapular muscles.

We're targeting the core, once again, but then also we're targeting those other areas that stabilize and protect the back, which are the joints above and below. So we have the hip, and we have the shoulder blade, and shoulder area.

With the Bird Dog, we target those muscles and those areas, and then also we target the erector spinae group. Targeting all the muscles in the back, around the lower back area which we don't really target very well when it comes to that 3-Way Plank exercise.

Back Primer Workout



That is the second group, where we focus on the stabilizing muscles, where we work on grooving proper motor patterns, and where we start to work on the endurance side of things, especially when it comes to those stabilizing muscles.

Now we'll move on to that third group of exercises.

Chapter 4: Back Primer Exercises Group 3

With these exercises, we're really working on the movement and integrating things and preparing the body for what we're going to be doing next, and that can be an activity, or the workout, or a sport.

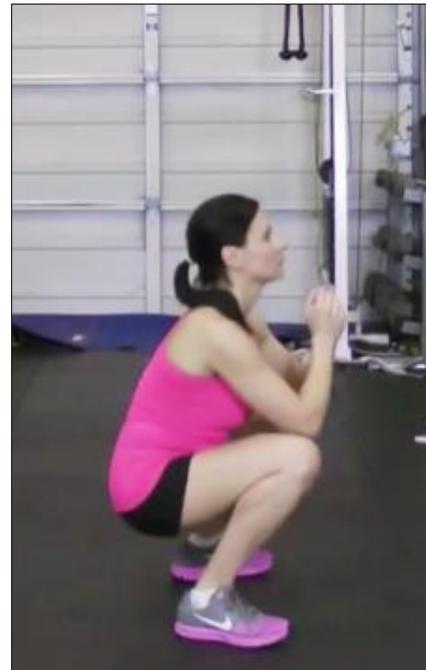
7. *Bodyweight Squat*

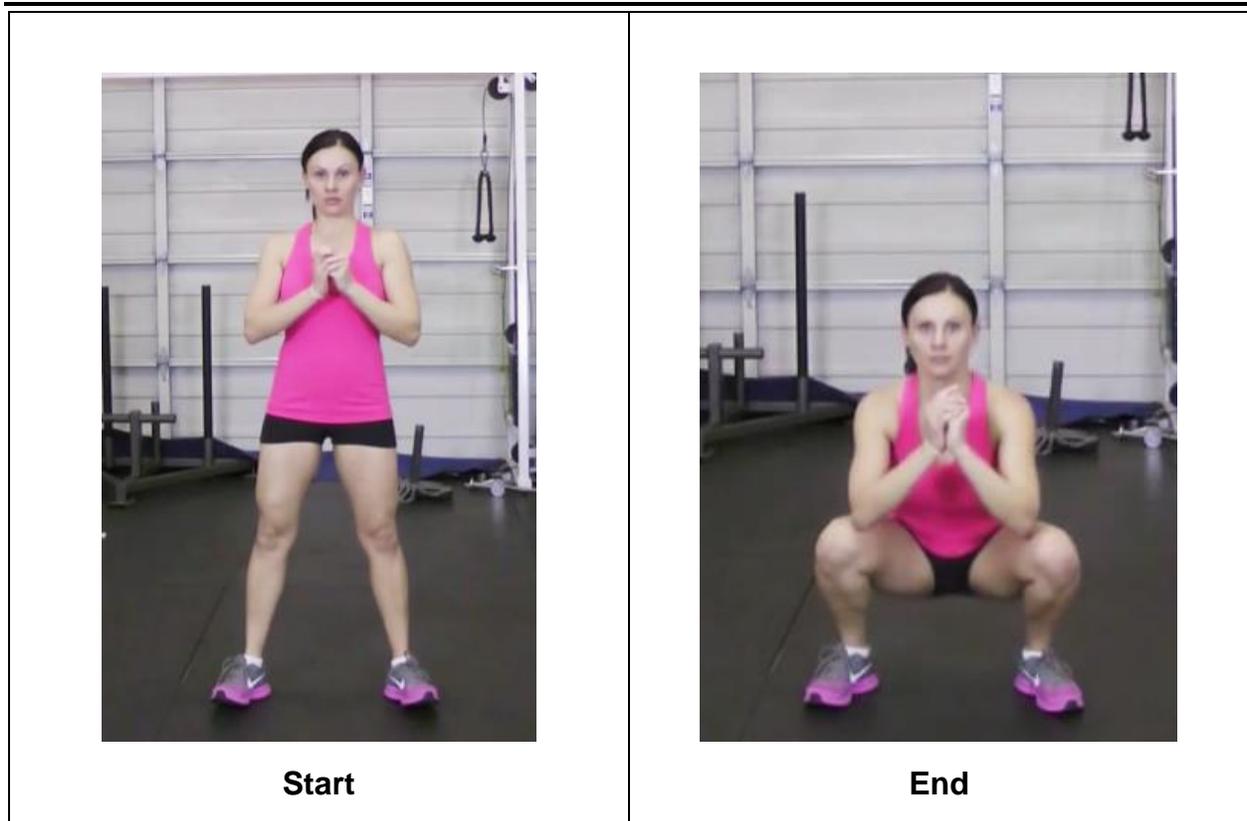
Exercise # 7 is the Body Weight Squat. Squat down, and come back up. The most important thing is, I want you to try and get that hip past the knees, so that you really activate the glutes and the hamstring. You're really working on the movement primarily coming from the hip, and then your upper body ends up being in good alignment.

Going through that bodyweight squat, really working the knees and the hips, which are important, hinging in that hip, upper body comes forward, low-back stays neutral, head's in line with the rest of the body.

And that is an important movement, because a lot of times what people will do is, they'll either shift their weight from their heels to their toes, which puts greater stress on the knee, and also greater stress on the back, or they'll end up not having that strength and activation in the hips, specifically the glutes, and because of that, that puts greater stress on the knees, which puts greater stress on the back.

Also, people just have poor movement patterns. They don't know how to squat properly, and not knowing how to squat properly, puts greater risk on the back.





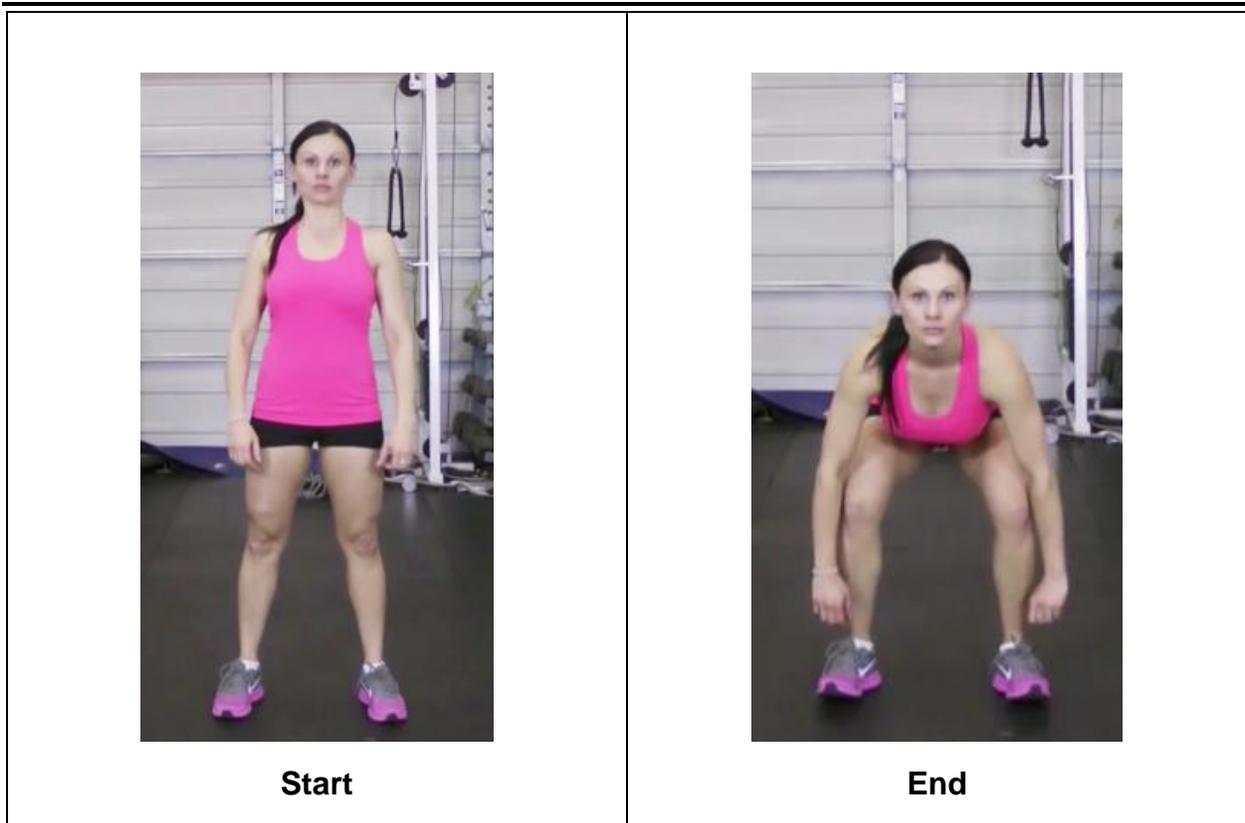
8. *Bodyweight Standing Deadlift*

The last exercise is exercise #8, the Bodyweight Standing Deadlift. Your knees can be slightly bent. You're trying to move through the hips, and coming back up, moving through the hips, and coming back up.

What we're really trying to do is separate low-back movement from hip movement. When it comes to regular movement, we're trying to primarily have the movement happen in the hips, and the rest of our back is stable or in neutral, and the movement happens in that hip.

We have the glutes doing the work, we have the hamstrings stretching out, and we have that low-back stabilized by those abdominal core muscles, which we've activated and woken up with the 3-Way Plank exercise and the Bird Dog exercise.

Back Primer Workout



That is the Back Primer Workout. We've done 8 exercises that'll take you a couple of minutes to go through, and what it will do is get your body ready for what you're going to do next. That could be a workout, that could be an activity, or it could be sport.

Chapter 5: Final Wrap Up

That is the Back Primer Workout. Now, implement it right away to improve your workouts and your other activities. Let me know how this program helps you, specifically how it has benefitted you in preparing your body for whatever activity you're doing, preventing injuries, and helping you overcome injuries.

You can contact me at support@ExercisesForInjuries.com. Tell me how this program has helped you and changed your life.

Make sure to swing by ExercisesForInjuries.com. I have a whole bunch of safe workouts that you can do, and all kinds of articles, videos, and interviews when it comes to overcoming injury or pain.

That's it. This is Rick Kaselj from ExercisesForInjuries.com and Back 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...

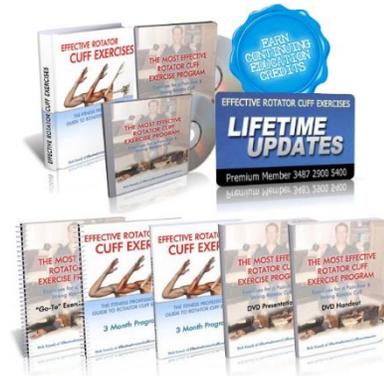
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two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

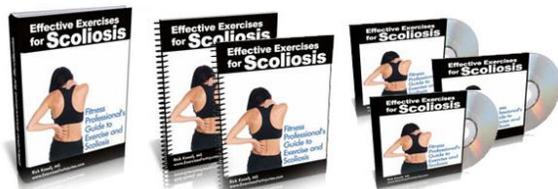


This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- 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

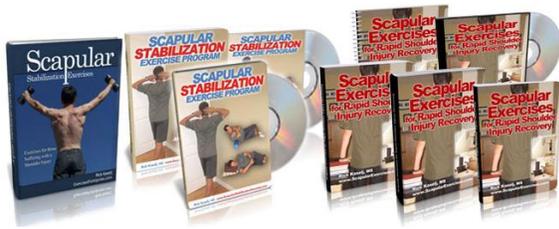


In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- 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)

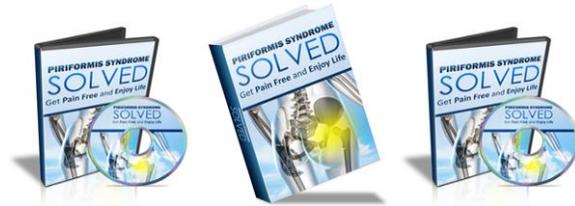


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis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

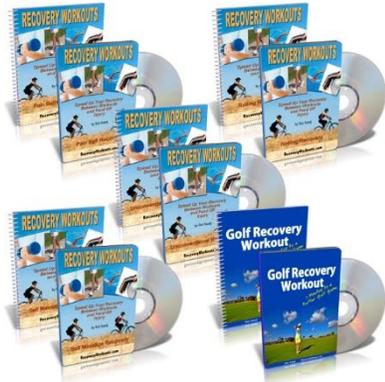


This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn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



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

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

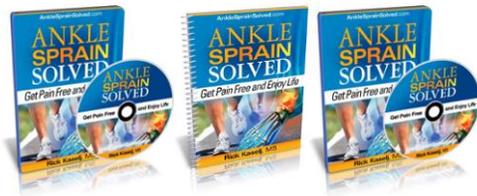


Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises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

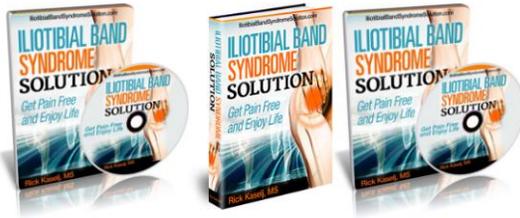


Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your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

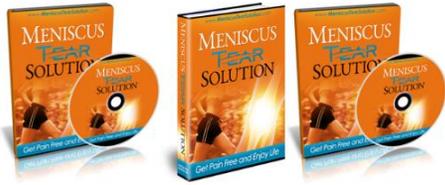


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- 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



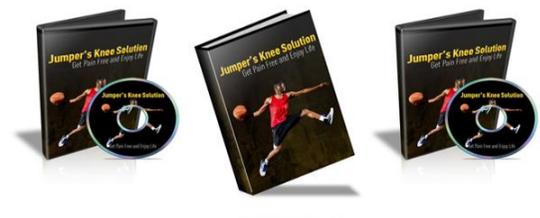
Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This 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