

THE PERFECT PICNIC RECIPE GUIDE

10 Tasty
Picnic Style
Dishes
for Your
Outdoor
Excursion



An ExercisesForInjuries.com Publication

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Disclaimer

Picnic Recipe Guide is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please 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.

Guarantee

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

Contact Me

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

Rick Kasey

Sandwiches, Wraps, & Entrees

Paleo Shawarma

INGREDIENTS

Pita Bread
 1 cup tapioca flour
 3/4 cup almond flour
 1 egg
 1/2 cup water
 1/2 tsp salt
 1/2 tsp baking soda
 1/2 tsp garlic powder
 1/2 tsp parsley

Filling

11 oz. chicken breast
 3 tbsp olive oil
 2 cloves of garlic, minced
 A pinch of salt
 1 tsp black pepper, crushed
 1 tsp paprika
 1 tsp cumin
 Red pepper flakes to taste
 1/3 tsp turmeric powder



DIRECTIONS

Pita Bread

Preheat the skillet over medium heat and add a few drops of oil and spread with a paper towel.

Mix all the ingredients in a bowl.

Pour this mixture into the skillet and swirl the batter by moving it in circular motions.

Once it starts to bubble, flip the bread and cook the other side until lightly brown.

Remove from the heat and keep aside.

Chicken Shawarma

Preheat the oven to 395 F and cut the meat into thin slices.

Mix all the remaining ingredients with the chicken and put in the fridge for at least 30 minutes.

Spread this mixture onto a greased baking tray and cook for 15 minutes or until cooked.

SERVES 2

NUTRITION INFORMATION: Calories: 601 Fat: 21g Carbs: 3g Protein: 51g

Paleo Shawarma (Continued)

INGREDIENTS

Salad

3 tbsp olive oil
 6 cherry tomatoes
 1/2 cucumber
 1 red onion
 2 garlic cloves, minced
 1 tbsp lemon juice
 A handful of parsley or coriander, chopped
 Salt & pepper to taste

Tahini Sauce

2 tbsp olive oil
 2 tbsp tahini
 1 lemon squeezed
 A pinch of salt



DIRECTIONS

Salad

Slice the cucumbers, onion, and tomatoes.

Tahini Sauce

In a bowl, mix the olive oil, lemon juice, tahini, and 5 tablespoons of water. Season with salt.

Ready to serve. Fill the pita bread with sliced chicken, salad, and tahini sauce. Sprinkle with fresh parsley/coriander and wrap.

SERVES 2

NUTRITION INFORMATION: **Calories:** 601 **Fat:** 21g **Carbs:** 3g **Protein:** 51g

Carrot, Celeriac and Bacon Lettuce Wrap

INGREDIENTS

2 large lettuce leaves
 2 medium carrots, grated
 1/2 small celeriac, grated
 2 organic bacon slices

Mayo

1 egg yolk
 1 boiled egg yolk
 1 tbsp lemon juice
 1 tbsp Dijon mustard
 1/3 cup olive oil (not extra-virgin)
 Salt & pepper to taste

DIRECTIONS

Place the egg yolks and mustard in a mixing bowl.

Use a hand mixer to prepare the mayo. Process until the ingredients form a paste. Start adding the oil gradually. The mayo will thicken. In the end, season with salt and pepper, and add the lemon juice. Mix until well incorporated.

Chop the bacon slices and cook until crispy.

Combine the grated carrot and celeriac and toss with homemade mayo.

Place the lettuce wraps on a large plate.

Spread the carrot-celeriac mixture and top with bacon slices.

Wrap the leaves and secure with a toothpick.



SERVES 2

NUTRITION INFORMATION: Calories: 444 Fat: 42.6g Carbs: 11g Protein: 7.8g

Sardine and Avocado Sandwich

INGREDIENTS

2 slices gluten-free toast
 1/2 small avocado
 2 tbsp extra-virgin olive oil
 1 tbsp lemon juice
 1 garlic clove
 1/2 tsp Dijon mustard
 1/4 tsp raw honey
 2 tbsp baby arugula leaves
 2 tbsp radicchio
 6 cherry tomatoes
 1/4 tsp dried oregano
 2 small cans sardines
 Salt & pepper to taste



DIRECTIONS

Cut the cherry tomatoes into halves.

Line a baking tray with parchment paper. Place the tomatoes inside. Coat with 1 teaspoon olive oil, oregano, and salt to taste.

Bake for 25 minutes at 400 F.

Meanwhile, prepare the avocado dip by blending together the avocado flesh, remaining oil, lemon juice, crushed garlic, mustard, and honey until smooth.

Spread the sauce on 2 bread slices.

Place arugula and radicchio leaves on top, then roasted tomatoes and sardines. Top with 2 other bread slices if desired.

SERVES 2

NUTRITION INFORMATION: Calories: 423 Fat: 31g Carbs: 35.4g Protein: 9.4g

Summer Salad with Chicken and Dill

INGREDIENTS

1 large chicken breast
 1/2 tsp dried thyme
 1/2 head small cabbage
 2 tomatoes
 2 small cucumbers
 1/2 onion
 1 bell pepper, any color
 1/2 cup Greek olives
 Small bunch of dill
 1 tbsp + 1 tsp extra-virgin olive oil
 1 tsp balsamic vinegar
 Salt & pepper to taste

DIRECTIONS

Rinse the meat and pat dry. Rub with 1 teaspoon olive oil, salt, pepper, and thyme. Grill for 4-6 minutes on each side until cooked through.

Finely chop the cabbage and rub with some salt. Set aside while you prepare the other veggies.

Chop the tomatoes, cucumber, onion, and bell pepper. Add to the cabbage bowl.

Add the olives, chopped dill, oil and vinegar. Stir and taste. If you need to, add some more salt.

Slice the chicken breast and mix into the salad.



SERVES 2

NUTRITION INFORMATION: Calories: 329 Fat: 21.5g Carbs: 21.7g Protein: 16.4g

Russian Meat Stuffed Blini

INGREDIENTS

Filling

2 lbs. ground beef
 3 onions, chopped
 2 tomatoes, chopped
 1 cup beef gravy
 Salt & pepper to taste

Blini

4 eggs
 4 tbs coconut flour
 4 tbs coconut milk
 Pinch of sea salt
 Coconut oil



DIRECTIONS

Blini

Mix coconut flour, salt, and eggs. Stir well.

Slowly add coconut milk and stir again to make batter. If it is too runny, add more flour. Let it set for 5 minutes.

In a pan, heat the oil and spoon a big spoonful of batter into the hot pan. Cook each side for 1 minute or until brown. Repeat the process until all is done. Let them cool.

Filling

In a pan, heat the oil and fry onions until soft.

Add the ground beef and fry until cooked.

Add the beef gravy and season with salt and pepper. Let the mixture cool.

Arrange the blinis on a table and put 2 tablespoons of the meat mixture in the center. Fold the bottom to cover the meat. Now fold the sides and roll like an eggroll or soft taco.

Arrange the rolled blinis into an oven proof dish and bake in the preheated oven at 350 F for 30 minutes.

Serve with fresh tomato salsa and mint leaves.

SERVES 4

NUTRITION INFORMATION: Calories: 165 Fat: 4g Carbs: 15g Protein: 7g

Sides & Treats

Spicy Potato Balls

INGREDIENTS

1 tbsp coconut oil
 4 medium potatoes, boiled, peeled, and roughly mashed
 1/2 tsp cumin seeds
 1/2 tsp coriander seeds
 10 mint leaves, chopped
 2 tbsp chopped coriander
 1 green chili, chopped
 1 small red onion, finely chopped
 1/4 tsp turmeric powder
 Salt & pepper to taste

Batter

Oil for fry
 1/2 cup gram flour
 1/4 tsp baking soda
 1 tbsp coconut flour
 1/4 tsp red pepper
 1/4 cup water
 Salt to taste



DIRECTIONS

Batter

In a bowl, mix gram flour, coconut flour, pepper, and baking soda. Add water gradually to make a smooth batter.

Potato Balls

In a bowl, mix all the ingredients together except the batter and make small balls from this mixture. Keep aside.

In a pan, heat the oil over medium heat.

Dip the potato balls into the batter one at a time. Cover the balls thoroughly with the batter and carefully drop them into the pan.

Turn them from time to time until golden brown. Serve with your favorite salsa.

SERVES 4

NUTRITION INFORMATION: Calories: 234 Fat: 4g Carbs: 32g Protein: 6g

Chickpea and Veggie Salad in a Jar

INGREDIENTS

2/3 cup cooked chickpeas
 1/2 cup fresh spinach, chopped
 2 radishes, sliced
 4 cherry tomatoes, sliced
 1 red bell pepper, sliced
 1 small red onion, diced
 Juice from ½ lemon
 1 tbsp extra-virgin olive oil
 2 tbsp plain yogurt
 2 tbsp crumbled goat cheese

DIRECTIONS

Place the chickpeas, spinach, tomatoes, radishes, bell pepper and onion in a large mixing bowl.

Add the lemon juice, oil and yogurt and toss to coat.

Divide between two salad jars, top with crumbled cheese and serve.



SERVES 2

NUTRITION INFORMATION: Calories: 445 Fat: 17g Carbs: 56.5g Protein: 21g

Sweet and Spicy Trail Mix

INGREDIENTS

1/2 cup cashews
 1/2 cup pumpkin seeds
 1/2 cup sunflower seeds
 4 tbsp hemp seeds
 1/2 cup dried cranberries
 1/2 cup raisins
 1/2 cup goji berries
 1/2 cup chopped unsweetened dark chocolate
 1 small, dried chili
 1 tsp cinnamon
 1 tsp coconut sugar
 Pinch of cayenne pepper
 1/4 tsp garam masala



DIRECTIONS

Combine all the seeds, nuts, chocolate, and dried fruits.

Stir in the cinnamon, garam masala and cayenne. Sprinkle the coconut sugar.

Finely chop the chili and add on top of the mixture.

SERVES 6

NUTRITION INFORMATION: Calories: 375 Fat: 25g Carbs: 30.3g Protein: 11.3g

Spiced Apple Chips

INGREDIENTS

3 apples
 1 tsp cinnamon
 1/2 tsp nutmeg
 Pinch of cayenne pepper
 (optional)
 1 tbsp maple syrup or molasses

DIRECTIONS

Preheat the oven to 250 F.

Line 2 baking trays with parchment paper.

Wash the apples and pat dry. Cut them in very thin slices.

Place the slices on the trays.

Sprinkle with cinnamon, nutmeg and cayenne if using.

Drizzle with the maple syrup.

Bake for approximately 1 hour in the oven. Check from time to time to prevent burning.



SERVES 2

NUTRITION INFORMATION: Calories: 218 Fat: 16.7g Carbs: 6.7g Protein: 12.3g

Pear Cinnamon Cupcakes

INGREDIENTS

2 eggs
 1 cup coconut flour
 2 tbsp ground flaxseed flour
 1/2 cup coconut sugar
 1/2 cup coconut oil, melted
 1 cup coconut milk
 1 tsp baking powder
 1 tsp cinnamon
 1 pear
 1/2 tsp xanthan gum
 A pinch of sea salt



DIRECTIONS

Preheat your oven to 350 F and chop pear into small pieces.

Add all the dry ingredients to a bowl and whisk using a hand blender.

Add all the wet ingredients and pear. Whisk again.

Line a muffin tin with cupcake wrappers and pour batter into the papers.

Bake for almost 15 minutes or until done.

SERVES 6

NUTRITION INFORMATION: Calories: 345 Fat: 6g Carbs: 23g Protein: 3g

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living *Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: ExercisesForInjuries.com

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.



Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.

I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

People get the best results when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

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

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...



- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.

We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

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

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.

Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

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



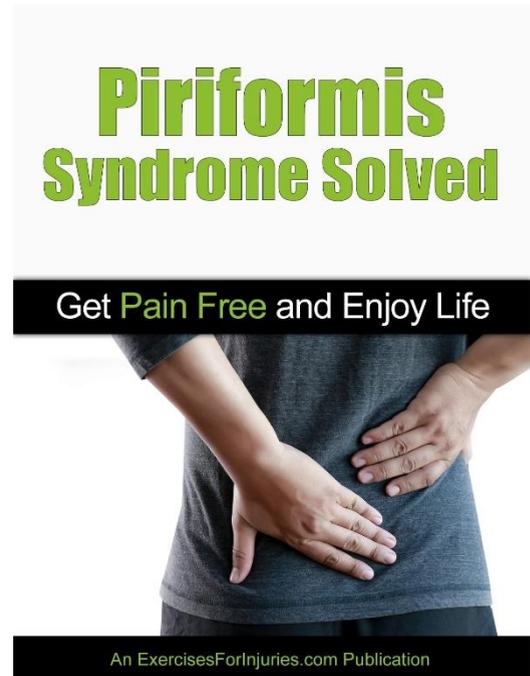
#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...



The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**

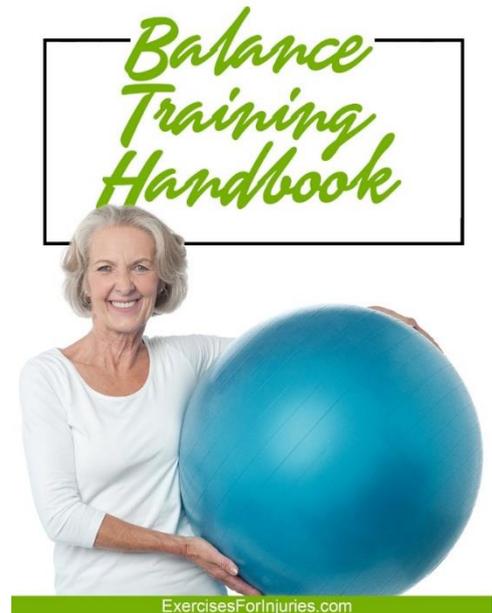
#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

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

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.

Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don’t have to depend on or burden other people!



Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

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

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain



So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

ExercisesForInjuries.com/Shop