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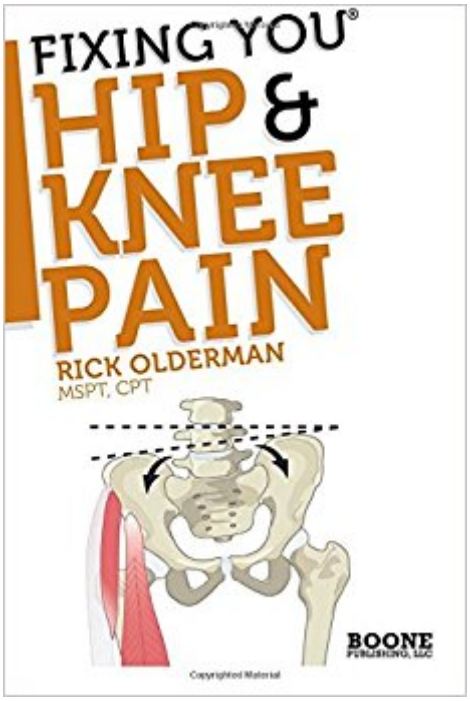
Fixing You: Hip & Knee Pain: Self-treatment For IT Band Friction, Arthritis, Groin Pain, Bursitis, Knee Pain, PFS, AKPS, And Other Diagnoses



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Synopsis

Hip and knee pain are often a result of poor pelvic muscle performance in combination with poor walking habits. This combination creates tracking problems in the hip socket or excessive rotation at the knee joint. Fixing You: Hip & Knee Pain teaches you what these issues are and how to simply fix them. This easy-to-read book contains ample illustrations and client stories to help you fully understand the problems causing your pain. Video clips of all exercises are found on www.FixingYou.net to help ensure rapid correction. Simply enter the code found in the book.

Book Information

Paperback: 128 pages

Publisher: Boone Publishing, LLC (March 9, 2011)

Language: English

ISBN-10: 0982193726

ISBN-13: 978-0982193723

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 112 customer reviews

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Customer Reviews

Fixing YouÃ Â®: Hip & Knee Pain represents a new biomechanical approach to fixing hip, pelvic, or knee pain, rather than merely treating symptoms. Rick Olderman, a sports and orthopedic physical therapist who specializes in chronic pain treatment, teaches you exactly what is causing your pain and the surprisingly simple way to fix it. Fixing pain involves more than just stretching or strengthening muscles; it requires your attention to how you move. Poor movement creates weak or tight muscles which then reinforce poor habits creating a cycle of pain. Rick teaches you which muscles are at the root of your pain as well as how this creates painful movement. He then shows you how to break this cycle. Fixing You: Hip & Knee Pain is part of the Fixing YouÃ Â® series addressing chronic or recurring pain in the entire body. Rick simplifies complicated medical problems helping you distill the causes of your pain down to a few simple issues. His explanations remove the mystique of hip or knee pain to help you treat yourself.

Rick Olderman is a physical therapist, personal trainer, and Pilates instructor living in Denver, CO. Rick believes pain is a signal that something is wrong with the body. The body's natural state is to be painfree. Rick also believes that most of the problems leading to chronic pain are found in faulty movement patterns. Through ample illustrations and client stories, his easy-to-read books teach you what these are and how to correct them.

I did a lot of internet searching to understand the physical makeup of the hips to try and understand why my hips hurt all the time and it was frustrating and not really very informative. Then I found this book, and it all made sense. It's well illustrated, uses simple non-technical terms, and includes exercises that make sense. I've been recommending it to all my friends that have the same issues.

I've suffered from migraines and tension headaches for about ten years now. I've been to several chiropractors and massage therapists over the past five or six years, but the problem never completely went away. Nobody ever mentioned that the root of the problem could be in my shoulders, but after reading the book it completely made sense. So, I finished reading the book and began practicing the exercises in it as well as really trying to monitor my bad slouching habit. My neck pain seems to have gone away already. Today was the first day in a while that I did not get some sort of headache. =) Not only do the exercises actually work, but I'm really impressed with the author. He seems to really care and wants everyone to be pain free. I sent him an email about some soreness that I started experiencing in my trapezius muscles and he responded the same day, giving me additional feedback and suggestions. I would highly recommend this book to anyone experiencing neck pain and headaches.

I'm so impressed - this really works permanently! I was in a bad car accident that left me with a messed up back and neck. After the accident, traditional doctors wanted to surgically put a metal rod in my back to straighten everything out; but I wanted to try a non-invasive path due to how active I am (I couldn't live with the restrictiveness of a rod). I had gone to a Chiropractor for 2 years, and then a Physical Therapist for 2 years trying to get rid of the pain. Over the years, I've been able to get my hips & ribs back into place, but I continued to have horrible neck pain and bad migraines. Nothing I was doing could get rid of terrible muscle spasms that would start in my shoulders and go all the way through the top of my head, which would then pull my neck vertebrae and my Atlas out of place. I've had special work chairs ordered for my job, I've done dry needling, I've had massages,

I've gotten my neck put into place 2-3 times a week, I've done neck strengthening exercises, I've had electricity therapy..... you name it, I've done it; but, nothing worked to relieve pain for more than a couple of days. I'm very happy to say though that this book has changed my life! I have relief and I'm feeling well consistently! No more migraines, neck spasms, and countless doctor appointments. I was skeptical at first because the book reviews sounded too good to be true, but I'm here to say that everyone needs to give this a try - I've never felt so good since the car accident! Thank you Rick Olderman for this amazing resource :)

The books in this series deserve WAY BEYOND-- a five star rating.And to say the words "~Thank You~" to Dr. Olderman seems like such an insignificant way of repaying him for his knowledge that is contained within these books!If you are injured and searching for a quick fix, best of LUCK to you. But, if you want to take charge of your healing, then by all means PUSH the button and ordered these ASAP! I began with the Fixing you Neck Pain and Headaches...found here,Ã Â Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. (Volume 1)and had beyond incredible results that I went and ordered the ENTIRE series! NO Joke. These books make sense, and the results are FANTASTIC----->>>> provided that YOU ----GIVE----- the effort and WORK to do the exercises as stated. When I am done doing the exercises I ice my neck and then put on PenetrexÃ Â PenetrexÃƒâ Ã Â® - The World's #1 Transdermal Anti-Inflammatory Pain Relief Therapy For Treating Tennis Elbow, Carpal Tunnel Syndrome, Arthritis, Bursitis, Tendonitis, Plantar Fasciitis, Shin Splints, Etc.Ã Â and I feel normal. WHICH is HUGE, when you've suffered in pain from,injuries. These books and that Cream should be in the hands of EVERY person suffering from pain in my opinion!and to, Dr. Olderman, if you read these, Someday I'm going to personally shake your hand for giving me an escape route from surgery. I haven't the words to express my gratitude towards you for the information found within the pages of your books. Thank You seems so insufficient, but,Sincerely.... I Thank You!Jennifer Phipps

From this book I learned how certain standing, sitting, and walking habits can grind away cartilage and weaken muscles and joints. By using the movement guidelines presented in this book, my joints feel better and the muscles around the hip and knee joints feel stronger, taking some stress away from the bones.

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