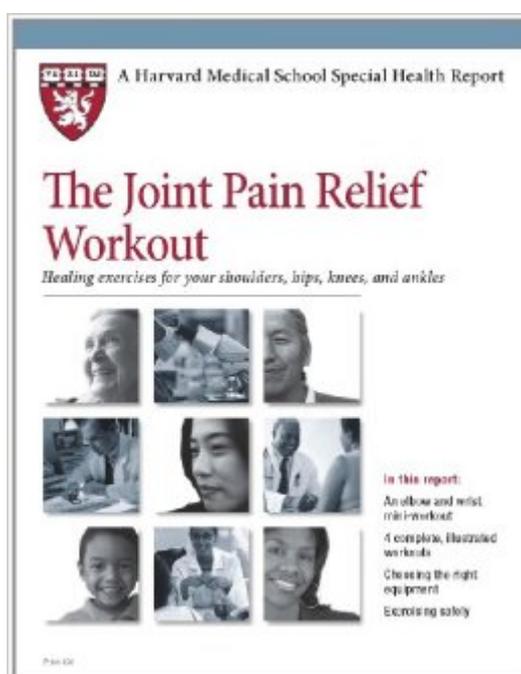


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# Harvard Medical School The Joint Pain Relief Workout: Healing Exercises For Your Shoulders, Hips, Knees, And Ankles (Harvard Medical School Special Health Reports)



## Synopsis

Are you plagued by joint pain? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favorite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving that golf ball down the fairway or from simply performing everyday tasks like carrying a bag of groceries into your home? The exercises in this report can help relieve ankle, knee, hip, or shoulder pain, and help you become more active again, which in turn can help you stay independent long into your later years.

## Book Information

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## Customer Reviews

During years, and caused by related health problem, or just interest, I have bought a handful of these thin "A Harvard Medical School Special Health Reports" books, which I find good, and helpful, to use as lexica, and especially when I shall show and explain something to for example something to other persons, and especially my wife. And actually my wife have now during the past 14 month had problem with her hands joints. But each time I have been speculating about buying one of these thin books then I have been missing information telling what was inside the actual book of which I only saw the front side and read a few lines. So hereby, concerning the actual book, I send this customer review and thereby trying to help other persons being in the same situation as I was when speculating about buying this book. The book is separated in these chapters: Contents Taking the first step 2 Safety first 4 Posture, alignment, and angles: Striking the right pose 7 Equipment: Choosing the right stuff 8 Getting started 9 Dig deep for motivation 12 Using the workouts 15 Ankle workout 18 Knee workout 24 Hip workout 30 Shoulder workout 35 Wrist and elbow mini-workout 42

Resources 44 Glossary 45 In "Taking the first steps" we read about the reason to bother with exercising and how much exercising we have to do. In "Safety first", we read about some warning signs, like for example sudden, sharp, or intense pain, and in case getting such sign during, or after, training, then to contact a doctor before continuing doing gymnastic. And we read "Six all-around exercise tips", the number 1 being to warm up properly.

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