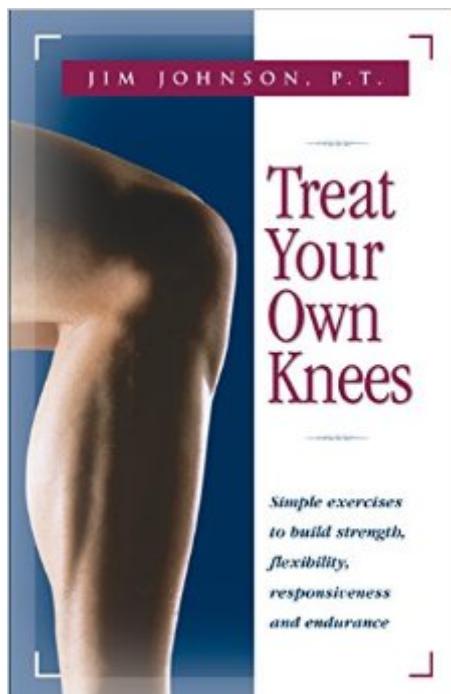


The book was found

Treat Your Own Knees: Simple Exercises To Build Strength, Flexibility, Responsiveness And Endurance



Synopsis

Product Description --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 116 pages

Publisher: Hunter House; First Edition edition (November 11, 2003)

Language: English

ISBN-10: 0897934229

ISBN-13: 978-0897934220

Product Dimensions: 0.5 x 4.5 x 7.2 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (145 customer reviews)

Best Sellers Rank: #35,695 in Books (See Top 100 in Books) #10 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #64 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #86 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

This remarkable little book may change the way you think about knee pain. Instead of focusing on pain symptoms and where they originate, the author focuses on what your knee does - and how to improve those functions with simple exercises. The only anatomy lesson you need is to know where your quadriceps and hamstring muscles are - front and rear of your thigh respectively. He identifies four functions in your knee: strength, flexibility, proprioception/balance, and endurance. If you have unexplainable knee pain, you probably just need to improve your knee function in one or more of the four functional areas. The author suggests simple exercises in each functional category. To develop strength, the single most important muscles to develop are your quadriceps. There are many exercises you can do to strengthen your quads. The author suggests a very simple floor exercise. To develop flexibility, the author suggests a quad and a hamstring stretch. The exercises he suggests can be done standing or on the floor. Proprioception might be a strange word to you. It was to me. It is probably best described as a combination of coordination and balance. Can you accurately sense what your knee is doing? Does it react appropriately to changes as you move? This is what proprioception is all about. The simple and interesting exercise the author suggests to improve proprioception is simply to stand on one leg for 30 seconds. Then switch legs. (It's ok to have a wall or chair to help catch you if you start to fall.) You might find this exercise easy to master.

If so, the author suggests doing the exercise with your eyes closed. This may require considerable practice! The author suggests that you can build endurance simply by walking or stationary bicycling.

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