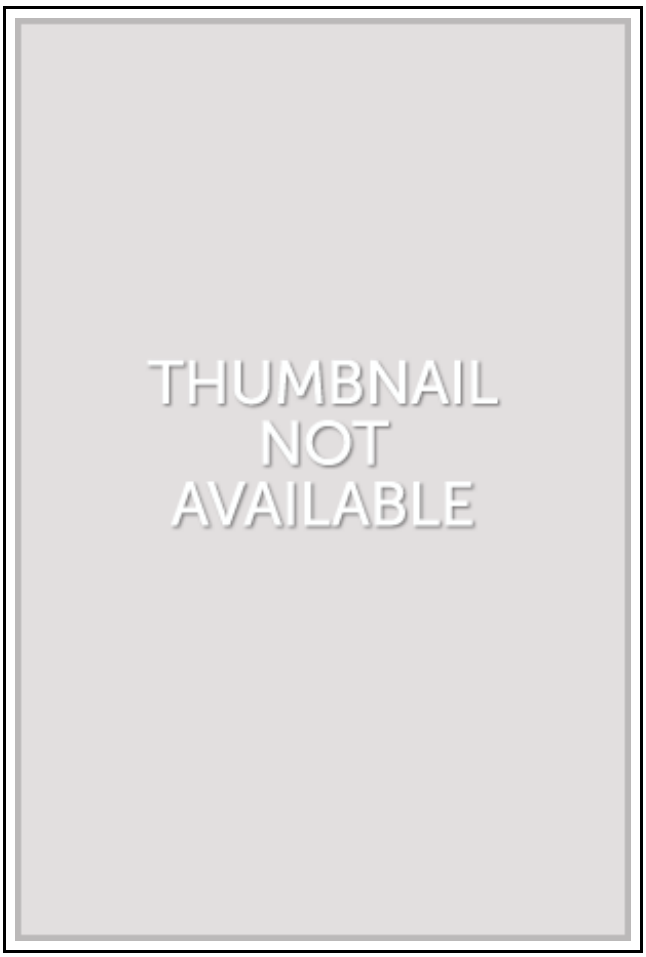
Fixing You: Hip Knee Pain: Self-treatment for Hip Pain, Bursitis, Anterior Knee Pain, Hamstring Strains and Other Diagnoses



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Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

(Mrs. Jane Quitzon DDS)

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Boone Publishing, LLC. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.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 and 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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