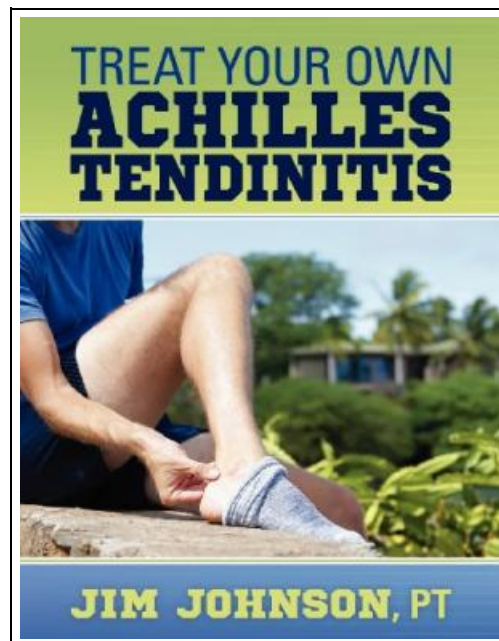


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Reviews

A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom. It's been designed in an exceedingly simple way and is particularly simply following. I finished reading this publication through which actually modified me, altered the way I really believe.

(Bernhard Russel)

TREAT YOUR OWN ACHILLES TENDINITIS (PAPERBACK)



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Dog Ear Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. JIM JOHNSON, P.T. is a physical therapist who has spent over twenty-one years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Sixty-Second Motivator, Treat Your Own Rotator Cuff, The 5-Minute Plantar Fasciitis Solution, Treat Your Own Knee Arthritis, Exercise Beats Depression, Treat Your Own Tennis Elbow, and Treat Your Own Spinal Stenosis. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States. Drawing from the latest research, TREAT YOUR OWN ACHILLES TENDINITIS will quickly teach you everything you need to know about getting rid of a painful Achilles tendon. In less than 100 pages, readers will learn. - the detailed structure of the Achilles tendon and how it works - what can go wrong with the Achilles tendon - why the most common problem is one of failed healing, not inflammation - how to do eccentric exercises that actually repair tendon damage - how much activity is safe to do while your Achilles tendon is healing Based on randomized controlled trials from peer-reviewed journals, Treat Your Own Achilles Tendinitis offers a simple, yet effective program that can be done in the privacy of one's home without equipment. And perhaps best of all, it takes just a few minutes a day to do!.



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