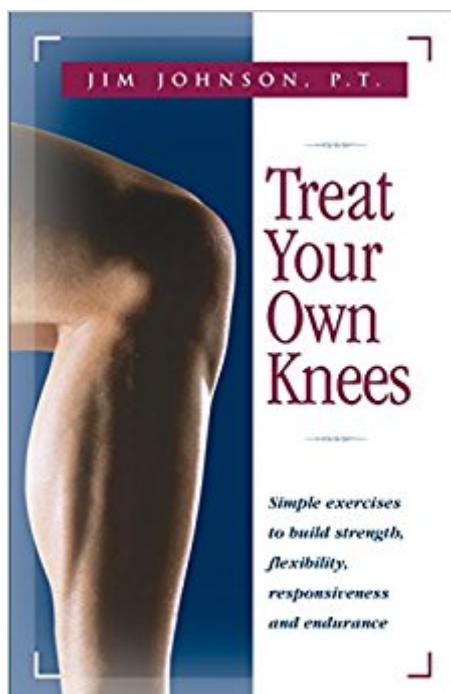


The book was found

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: 4.3 out of 5 stars 155 customer reviews

Best Sellers Rank: #123,594 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #144 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #240 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

If your problem is specifically knee arthritis, Treat Your Own Knee

Arthritis is recommended. For Jim Johnson's most up-to-date knee pain book, Bulletproof Your Knee is recommended.

From the Author --This text refers to an out of print or unavailable edition of this title.

I bought this book in desperation. My right knee was in such bad shape, I could barely walk! I read all the reviews and just went ahead and got this book. Well! Before I even finished reading it, I started doing the first three exercises and within a couple of days, the pain was almost completely gone!!!!!! I've continued with the exercises, just to keep my knees supple and strengthened (I work in retail, so I'm on my feet all the time). I am doing better than ever and my shifts are a breeze! I would recommend this to everyone, whether you have knee trouble or not. I also learned a great deal about the knee - and arthritis! Fantastic book - a real bargain!!

I bought this for my sister. A few years back my sister stepped backwards and fell into her jacuzzi. She got multiple fractures and had a prior knee injury that was re-injured. She was hospitalized in

Florida for several months and got several months rehab. Now she still gets pain in her knee. So I got her this book to help her out. She read the book and was pleased to find some exercises her Physical Therapist used to have her do which she had forgotten about. She says the book is very good and has been helpful to her. So that's the most I can tell you about the book. She got it to her house in timely fashion and was pleased with the product. I got his book on tennis elbow and I have been pleased with that book. I think he writes in layman terms and gives you lot info plus some good exercises to do to improve the problem. A matter of fact his book helped me more than my own Dr. who didn't even recognize that I had Tennis elbow and all he did was give me Ibuprofen. I don't like to take a lot of Ibuprofen because it's not good to take a lot of NSAIDs which is what Ibuprofen is. So I like this writer. He has been more helpful to me than a doctor when it comes to these types of injuries. He gives you information that will help you take action and do something to relieve your pain. Some Doctors need to get on the ball and read some of this author's stuff so they can help their patients more.

Buying another copy to loan out. I used this method to strengthen my knees prior to total knee replacement surgery. My physical therapist believes this is the reason I was in great shape post op. After his first PT assessment, he said my knee was in his top 5 best knees, if not the best knee he had seen beginning rehab. Very readable, sensible, and practical. I will probably give away many copies of this book.

While the author admits that his suggested exercises does not work for everyone, it sure worked for me. My knees have been pain free for years, even though my doctor keeps suggesting a replacement. I have purchased several copies and lend them out to others who live in my retirement community.

This book is so short it is almost a pamphlet. BUT it really helped give me confidence to do what the book title says. I'm really pleased.

I have been having bad knee pain for the last 6 weeks. I have not had much relief but the author here gives some very good exercises for the knee to build strength and endurance. I have tried some of the stretches and they are helpful my chiropractor told me to stretch and to walk but not to push too hard as it prolongs the recovery period. I like that the author is a physical therapist and gives you a good overview of how your knee joint functions in this book. A good read with good info

for anyone suffering from knee pain.

We have purchased several of Jim Johnson's self-help books on cures for shoulder pain, spinal stenosis, etc. All have been very helpful and worth the price. However, we were highly disappointed upon receipt of this book - which measures about 4 1/2 x 7". The photo on line here at [appears to be a large standard workbook size - like the size of the Johnson's Shoulder Pain and Spinal Stenosis book](#). It is not. It is virtually a "pocket book" - less than the size of the original Reader's Digest. One might need a magnifying glass to view some of the exercises that Johnson proposes. My husband actually went to the local copier store to copy and enlarge the exercises shown in the book so that he could see and use them comfortably. You would have thought that both Johnson and the publisher - - knowing full well that such books are mostly directed to persons whose eyesight diminishes with age-- would have published this book in larger print similar to the books I have cited above. I believe that many buyers of this book would have been willing to pay a higher price for a standard sized book with larger print - to enable ease of reading and following instructions. As a post script - neither my husband nor I have any serious vision problems. Reading glasses, yes. Nothing further.

good book to learn HOW to look after yourself better

[Download to continue reading...](#)

Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility
Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training)
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)
Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1)
Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training)
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress

Relief) Alfred's Basic Adult Piano Course Finger Aerobics, Bk 1: Exercises to Develop the Strength, Flexibility, and Agility of Each Finger Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body Build Your Own AR-15 Rifle: In Less Than 3 Hours You Too, Can Build Your Own Fully Customized AR-15 Rifle From Scratch...Even If You Have Never Touched A Gun In Your Life! Full Range Studies for Trombone: A complete system to develop and maintain your range, sound, endurance, and flexibility from Low E to Double High Bb ... and beyond! Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance How to Plan, Contract, and Build Your Own Home, Fifth Edition: Green Edition (How to Plan, Contract & Build Your Own Home) Rain Gardens For the Pacific Northwest: Design and Build Your Own (Design & Build Your Own) Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)