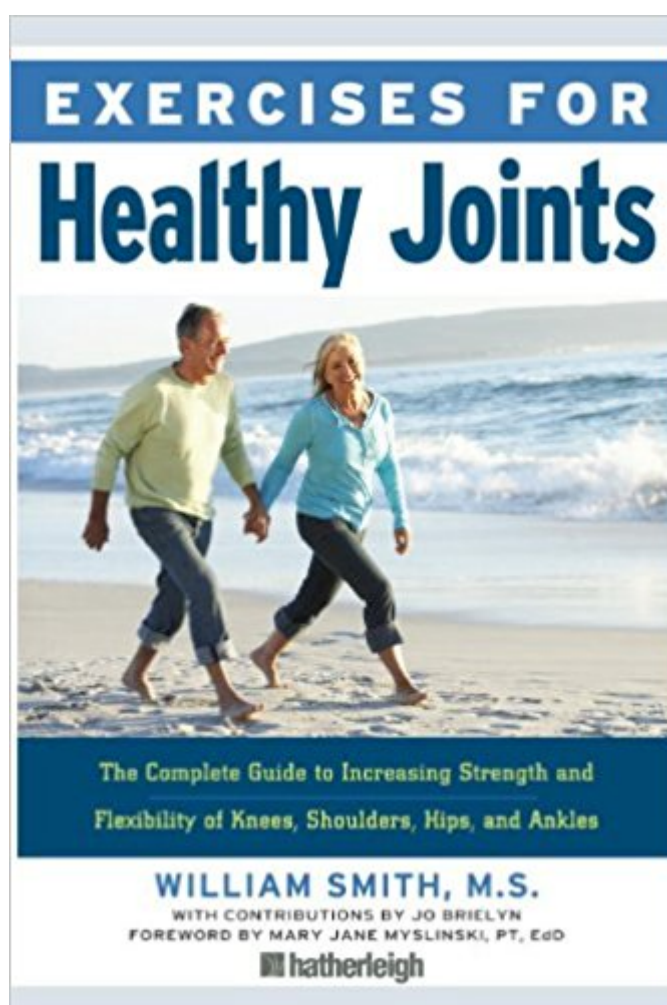


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# Exercises For Healthy Joints: The Complete Guide To Increasing Strength And Flexibility Of Knees, Shoulders, Hips, And Ankles



## Synopsis

Don't Let Joint Pain Dominate Your Life As an increasing number of people are living longer, joint pain is becoming more common. However, exercise can play an integral role in promoting joint health by strengthening cartilage and ligaments. Even low-impact exercise can help to prevent joint pain. Exercise is a natural way to keep joint pain and arthritis in check at any age, and studies suggest that implementing exercise later in life can drastically reduce one's chance of developing joint-related pain. Exercises for Healthy Joints shows you how to avoid joint pain through physical activity. You'll also learn about the causes of different types of joint pain and, if exercise is not enough, which surgeries may be necessary for different joint-related issues. Loss of muscle mass, bone, and flexibility does not have to be part of your aging process, and Exercises for Healthy Joints will show you how to remain active and healthy longer. Exercises for Healthy Joints also includes:

- \* Clear pictures of safe and effective exercises
- \* Detailed instructions on how to perform each exercise
- \* New research concerning long-term joint health and the benefits of exercise
- \* Overview of joint anatomy and types of joint pain
- \* A training log to track progress

Exercises for Healthy Joints features easy-to-follow sequences designed for the home or the gym with minimal equipment. It is an essential health reference guide.

## Book Information

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## Customer Reviews

William Smith, MS, CSCS, MEPD, has been working in healthcare and wellness, including

medically-based exercise therapy for elderly, pre- and post-rehabilitative, and special needs clients for many years. Will is a recognized national expert in health and wellness and has lectured at recognized centers of wellness including Canyon Ranch. Will currently teaches at UMDNJ Physical Therapy at Rutgers University and works for a top-rated healthcare system in New Jersey.

My husband has found some helpful advice and exercises he has incorporated into his daily routine...

Instead of this, get a book by Dale Anderson or Robin McKenzie. This "book" is only 108 pages long, despite its stated description as being much longer. After the 108 useless pages, there are additional pages describing the authors and their other books for sale. Another ten pages are blank, allegedly for readers to make "Notes." Disgraceful. There is nothing in this book on elbows, which was one reason I purchased it. Shoulders are dealt with briefly, to my disappointment. Some of the information is of value, but it is more of a pamphlet than a book. There are photos of exercises, which vaguely refer to various parts of the body. Various items are needed to do some of these: big balls, little balls, dumbbells, rubber tubing, etc. Some require the help of another person.

Just received this book today. I ordered it specifically because it's titled "Exercises for healthy joints. The complete guide to increasing strength and flexibility of knees, shoulders, hips and \*ankles\*". I have stiff ankles and have not found any book on ankle problems. There are 8 lines of very superficial information about the structure of ankles and on another page there is one single exercise where ankles are \*mentioned\*, "lateral lunge with shoulder press, feel it here: hips, knees, ankles". Absolutely nothing about increasing the strength and flexibility of your ankles. The title of the book was misleading. It is not a complete guide to anything, either, it is a very superficial book, but the exercises might be OK for people of 55+ years of age. I am very disappointed I did not get what I was promised. Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles

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Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More 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) Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) 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) Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Head, Shoulders, Knees and Toes... Head, Shoulders, Knees and Toes/Cabeza, Hombros, Piernas, Pies (Dual Language Baby Board Books- English/Spanish) (Spanish Edition) Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs Indestructible Hips and Knees (The Indestructible Body Book 2) Cure Tight Hips Forever: Simple Hip Movements & Muscle Activating Exercises (Simple Strength Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) 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) Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility 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

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