

An excellent, thoroughly researched, exercise guide with 35 illustrations, 7 videos and 27 additional muscle strengthening, unique and effective flexes to help you against Knee pain and prevent the inevitable, but Totally Avoidable, path to knee replacement. If your knee pain is unbearable If your knee pain is getting worse, If you have been diagnosed with knee osteoarthritis, then do not let time slide! If you do not do anything about it soon, you may become a TKA (Total Knee Arthroplasty) statistic. In 2010 there were over 700,000 Total Knee Arthroplasty, also known as Total Knee Replacement, operations performed and 67,000 revisions. And as of this writing in 2015; the trend for both major surgeries has been sharply upwards. I am the rebel that was not going to be part of that demographic. With years of research and testing of my flexes and exercises I have come up with simple techniques to recover may bad osteoarthritic knees which, at times, would swell to the size of a huge grapefruit. That does not happen anymore. The excruciating pain has vanished too. I feel light pain whenever I neglect my exercises. I ramp up on the flexes and the pain dissipates within minutes. After my first encounter with a tear in the cartilage I have also never taken any NSAIDs or Tylenol. That may not happen to you but it has worked wonderfully for me. From Knee Pain to Knee Replacement has 7 videos to explain lubricin generating exercises. In addition there are 11 Standing, 12 Sitting, and 4 Laying down flexes to give readers the ability to help knee recovery at any time of day. If your Knee Osteoarthritis is graded as a 3.0 or below and you have a BMI of 24 or less you can truly benefit from exercises in this book and will not need TKA/TKR surgery. Best wishes. Zafar Hayat Khan Author of Knee Deep in Pain.

A Wanderer in Venice, Soliton Equations and Hamiltonian Systems (Second Edition) (Advanced Series in Mathematical Physics), Eldritch Mind: You are smarter than you know, Powerful than you think, Primeros Auxilios Psicologicos / First Psychological Aid (Uno Y Los Demas) (Spanish Edition), Nissan Maxima, 1985-92 (Chiltons Total Car Care Repair Manuals), Gertrude Stein Remembered, Meteorological Atlas of the International Indian Ocean Expedition (Vol 1 (Surface Climate Of 1963 and 1964); Vol 2 (Upper Air)), Strategic Order of Battle: Russian Airborne Forces, Angels & Ministers: Four Plays of Victorian Shade & Character. [New York-1922],

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