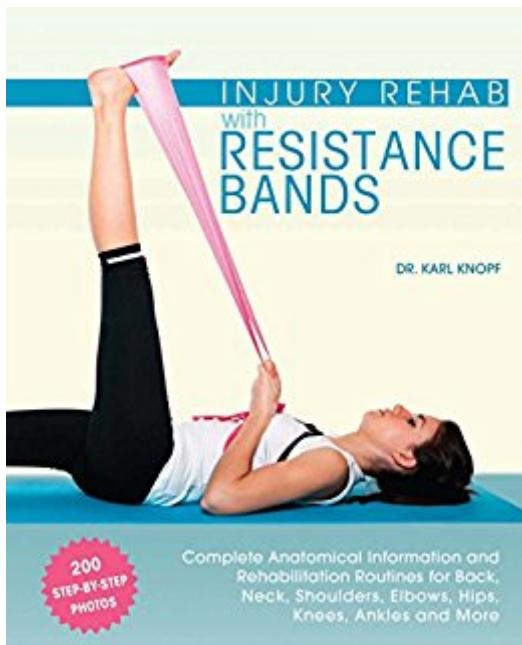


The book was found

Injury Rehab With Resistance Bands: Complete Anatomy And Rehabilitation Programs For Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles And More



Synopsis

A COMPREHENSIVE RESISTANCE BAND PROGRAM FOR RECOVERING FROM INJURY AND STAYING PAIN-FREE AND HEALTHY

Ranging in intensity from super easy to extremely hard, the resistance band exercises in this book are sure to effectively and safely help you overcome any injury by building up strength and stability over time. Each section of the book by Dr. Karl Knopf targets a specific body part, with detailed anatomical information and easy-to-follow recovery routines for:

- Neck
- Shoulders
- Elbows
- Wrists & Hands
- Lower Back
- Hips
- Knees
- Ankles & Feet

Whether you're looking to reduce pain, transform troublesome muscles, or get back in the game, *Injury Rehab with Resistance Bands* provides rehab techniques for your exact injury, including:

- Arthritis & Tendinitis
- Bursitis & Fasciitis
- Ligament & Meniscus Injuries
- Sprains & Strains
- Carpal Tunnel Syndrome
- Rotator Cuff Injuries

Book Information

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Customer Reviews

I did rehab a couple of years ago for my ankle and one thing I got out of it is how much resistance bands helped. My mobility in my ankles wasn't up to par, but using resistance in my routine

definitely improved how far I could bend. Dr. Knopf put together a book that is easy to navigate. Between the intro and overview of the do and don'ts with technique (I didn't know you had to slightly bend up for proper spine alignment when lying on your back), I feel anyone should feel secure in approaching the use of resistance bands. They are great for training or for healing. There are a bunch of exercises in the book I didn't think you could use resistance bands for, but with pictures that clearly illustrate the moves, it's easy to see how the bands can help in almost every exercise. What's also great is while reading, since I purchased the kindle edition, there is actually clickable links on the exercises that will take you to the step-by-step guide for the corresponding workout.

This book has "doable" exercises for average people who are not professional athletes . Some other books assume the reader is in his/her 20's and in peak condition . There are exercises for those with limited range of motion due to injury or arthritis and some for more agile people . I think this book would also be helpful for Seniors trying to maintain mobility.

Great book with lots of wonderful exercises to help you along the rehab path. I have been using the techniques to strengthen my ankles and knees. Resistance training is so wonderful!

Content is very good, but the Kindle edition has text overlapping and no page numbering to reference the exercises that are noted by page numbers. Not a great format for this type of book.

Excellent Instructions

Excellent book to understand how to rehab

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Pain-Free Knees, Hips, and Spine Indestructible Hips and Knees (The Indestructible Body Book 2) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (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) The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! The Rough Guide Rock: The Definitive Guide to More than 1200 Artists and Bands (3rd Edition: Expanded and Completely Revised) Burn Care and Rehabilitation: Principles and Practice (Contemporary Perspectives in Rehabilitation) Rehabilitation: A Post-critical Approach (Rehabilitation Science in Practice Series) Certified Rehabilitation Counselor Examination Preparation: A Concise Guide to the Rehabilitation Counselor Test

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