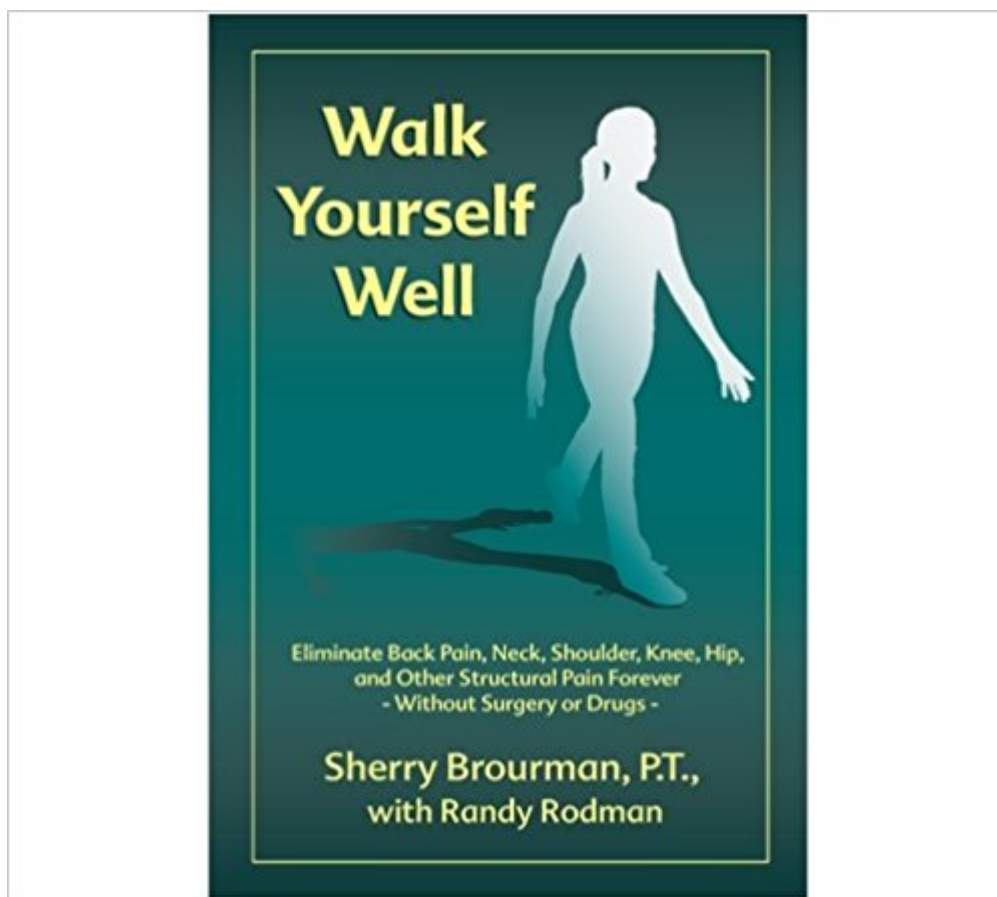




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# Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip And Other Structural Pain Forever-Without Surgery Or Drugs



## Synopsis

Learn the best way to walk. Sherry Brouman P.T., teaches her straightforward and innovative method for balancing the body and eliminating pain. With a comprehensive, easy to understand self-evaluation, and illustrated stretching, strengthening and walking exercises, you can learn how to eliminate neck pain, back pain, hip pain, leg pain, knee pain and all types of structural pain, naturally, without surgery or drugs.

## Book Information

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## Customer Reviews

Given the exotic nature of so many bodywork practices, readers will be surprised to learn that they can improve their health and well-being with something as simple as walking. But that's just what Los Angeles physical therapist Brouman asserts here. Walking isn't just a great physical and meditative exercise, she points out, it's the physical activity we do most often. And just as imbalance, poor posture and untuned muscles can lead to painful injuries, correcting the way you walk and strengthening and stretching your muscles can speed your recovery or prevent you from getting hurt in the first place. Because Brouman doesn't have the luxury of seeing every reader personally, a great deal of the book is devoted to diagnosing and solving individual gait problems--something that can be done, she says, because the standards of human symmetry are the same for everyone. "The truth is that height, weight, proportions, age, sex, and all other human features and options don't change the basic elements of a symmetrical walk," she writes. The instructions are reasonably easy to follow (although some readers may be disconcerted by a

common experience--when you start thinking about how you should be doing something you do every day, you start to "forget" how you did it in the first place). Those who are suffering from pain in such places as the back and the knees may be most motivated to follow Brouman's instructions, but she makes it clear that just about everyone can benefit from a good walk. --This text refers to an out of print or unavailable edition of this title.

Anyone who has ever had a leg injury and subsequent pain in the other leg from an altered gait will agree with Brouman's assertion that incorrect movement while walking can lead to physical pain. As a registered physical therapist, Brouman has helped patients avoid surgery through exercises to improve muscle strength, posture, and movement. She explains how unbalanced walking leads to pain and what correct movement can achieve for a person who has experienced an orthopedic injury. She offers self-evaluation tests, gait correction methods, and strengthening and stretching exercises and uses case studies of her own patients as examples. Although there is some useful information here, physical therapists will justifiably advise that people with existing problems be under the supervision of a registered therapist; Brouman's instructions for the exercises are not easy to follow, and it could be dangerous for a patient to do a self-correction without guidance. Not a necessary purchase. Janet M. Schneider, James A. Haley Veterans' Hosp., Tampa, Fla. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The author has trained many PT's (Physical Therapists) in gait therapy and is well known in the industry. The book takes you thru the anatomy of alignment as an upright human form and then walks you thru a self diagnosis process to ascertain your personal alignment. She uses personal accounts of past client issues to paint how pain occurs thru long term habit patterns and trauma and then clearly shows you how to self correct them. I immediately was able to use her suggestions and benefited at once. This is a self help book, but as a yoga instructor for special needs clients I was also able to immediately incorporate her lessons into my own professional classes with great results.

Great book that changed my life for the better. Rereading for the 3rd time. I feel way different after following the books advice for under a month. The author is a genius and I look forward to her next book

A well written book by a professional physical therapist. The author has a lot of experience. With detail diagrams of body muscles and exercises. The readers can follow the author's suggestions and work with their own therapists. Follow up the exercises routines with persistence. Their recovery back to good health will be much easier and faster. i will read this book over and over again to obtain the best values of it for my own well being.

By following the principles in this book, I'm quite sure I have minimized the pain and discomfort of two leg injuries within a year, both requiring a cast - broken ankle requiring surgery and hairline knee fracture, as well as an arthritic hip, all on the same leg. Although I found the technical explanations tough going, I believe I distilled the essence of the instruction into a brand new, better way to walk. I walk my dog twice a day so I slowly incorporated one aspect at a time into changing my walk. There is no doubt that my leg muscles are stronger as a result of my redesigned walk. The book leaves no stone unturned with respect to its topic, so I am quite thankful that I discovered this A to Z instructional reference book.

After beginning to read this as a library book, I found I needed my own copy so that I might follow this program closely. The author has a chatty style, making the book very readable, and she gives many excellent examples of the problems she has helped people address.

Still reading and looking forward to learning how to walk correctly so all my muscles get a good workout with pain.

If you want to understand what is going on in your body, and why things hurt, look at the way you walk/stand. This book is great for evaluating yourself, and clients.

A do it yourself to help what ails you without a doctor. It is a little complicated so you must take note and keep referring back to the exercises. Excellent.

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