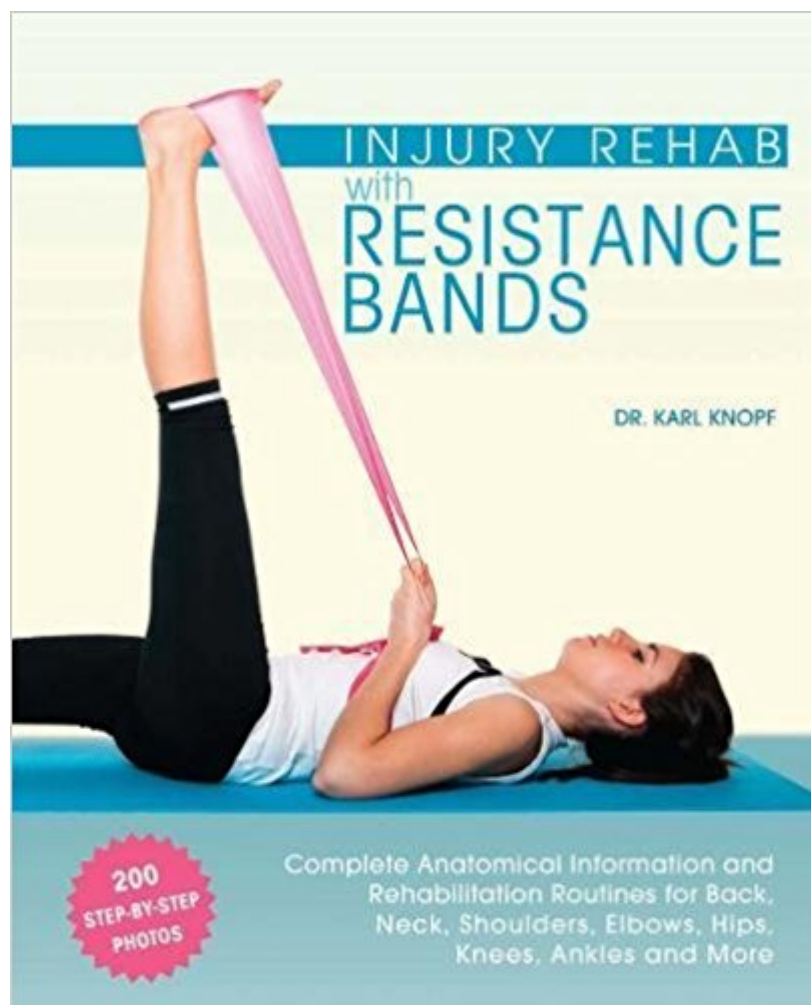


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# Injury Rehab With Resistance Bands: Complete Anatomy And Rehabilitation Programs For Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles And More





## 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

Resistance Band Workbook-Karl-Knopf-9781612431710-14.95-Ulysses Press-4/9/13-5500-Foam Roller Workbook-Karl-Knopf-9781569759257-14.95-Ulysses Press-4/1/11-33000-Healthy Shoulder Handbook-Karl-Knopf-9781569757383-14.95-Ulysses Press-3/9/10-21000-CORE STRENGTH FOR 50+-Karl-Knopf-9781612431017 -14.95-Ulysses Press-8/21/12-8527-

Resistance Band Workbook|Karl|Knopf|9781612431710|14.95|Ulysses Press|4/9/13|5500|Foam

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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 are 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.

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.

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!

easy read....easy exercises....and its an ebook....even better....i can do compare and contrast on the train, without having to lug around books..

I thought maybe it would have stuff not online on rehab pages but it doesn't so it's going back. Hopefully the full price refunded but we shall see. Not happy.

They work really well.

Very good text with clear instructions. Will definitely use this text as a resource when creating rehab plans!

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