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## Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury (Paperback)

By Jim Johnson

Dog Ear Publishing, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A bulletproof knee is a knee that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Knee will show you how! In less than 100 pages, readers will learn about the Bulletproof Knee Program - a series of simple and powerful exercises you do at home or in the gym, that take just a few minutes a day to do - yet create powerful changes in your knee tissues making it bulletproof to pain and injury. Recommended for those with chronic knee pain, athletes, or anyone who simply wants to get rid of or avoid knee problems. Jim Johnson, P.T. is a physical therapist who has spent over 25 years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including Bulletproof Your Shoulder, Treat Your Own Carpal Tunnel Syndrome, Treat Your Own Hand and Thumb Osteoarthritis and Treat Your Own Achilles Tendinitis. His books have been translated into other languages, and...



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