



The Joint Pain Relief Workout: Healing Exercises for Your Shoulders, Hips, Knees, and Ankles (Harvard Medical School Special Health Reports)

Edward M. Phillips

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Is joint pain holding you back? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favourite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving a golf ball down the fairway or from performing simple tasks like carrying a bag of groceries into your home? The exercises in this report can help relieve ankle, knee, hip, or shoulder pain, and help you become more active again, which in turn can help you stay independent long into your later years. Designed by knowledgeable exercise experts, our workouts are intended to strengthen the muscles that support your joints, increase flexibility in your joints, and improve range of motion. Done regularly, these exercises can ease pain, improve mobility, and help prevent further injury. The Joint Pain Relief Workout includes four workouts targeting your ankles, hips, knees, and shoulders. You'll find detailed instructions for each exercise, as well as information on how to adapt each exercise to make it either harder or easier, so you can tailor it to your ability. In addition, the report includes mini-workouts to address wrist and elbow problems, a planning worksheet to help you get started and stay motivated, and answers to common exercise questions.

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