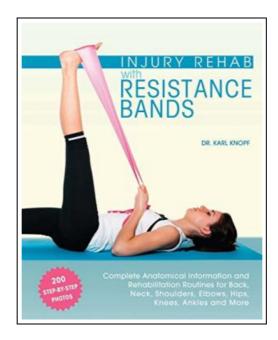
# Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More (Paperback)



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## Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

# INJURY REHAB WITH RESISTANCE BANDS: COMPLETE ANATOMY AND REHABILITATION PROGRAMS FOR BACK, NECK, SHOULDERS, ELBOWS, HIPS, KNEES, ANKLES AND MORE (PAPERBACK)



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Ulysses Press, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. 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.

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