



Healthy Hips Handbook: Exercises for Treating and Preventing Common Hip Joint Injuries

Karl Knopf

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END PAIN, REGAIN RANGE OF MOTION AND PREVENT INJURY Millions of people suffer from debilitating hip conditions each year. With Healthy Hips Handbook, you can make sure this doesn't happen to you. This friendly manual outlines the causes for common hip conditions, including snapping hip, IT band fasciitis, osteoarthritis and sciatica. Illustrated with over 300 step-by-step photographs, Healthy Hips Handbook offers easy-to-follow exercises to; Build strength Improve flexibility Hasten recovery Avoid future injury Healthy Hips Handbook also features specially designed programs that keep you from suffering common hip issues (such as groin strain and arthritis) and prepare the body for everything from daily tasks to high-risk sports (such as biking, soccer, jogging and skiing). Follow the approach in this book and you'll be able to quickly get back to being pain free--and stay there.



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