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The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles ...

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Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster.

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The muscle is ultimately what gets people back to normal. If you treat the bone and the joint and the muscle isn't functioning well, the patient is just not there. The Muscle Medicine approach to musculoskeletal health begins with a two-chapter look at the biology of muscles, joints, and bones, and at the events and forces that can do them harm. In Part Two, we move on to the choices you make in your everyday life that affect the system.

Muscle Medicine | Book by Rob DeStefano, Joseph Hooper ...

Download File PDF Muscle Medicine The Revolutionary Approach To Maintaining Strengthening And Repairing Your Muscles And Joints consequently useful for you and your life. If confused on how to get the book, you may not need to get confused any more. This website is served for you to assist anything to locate the book. Because we have

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Muscle Medicine : The Revolutionary Approach to Maintaining, Strengthening, and Repairing Your Muscles and Joints

A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

A new guide to overcoming back pain emphasizes the latest in scientific and medical research into the psychological and physiological factors underlying most back discomfort as it presents a safe, effective, and easy-to-follow self-treatment program to end the back-pain cycle. Reprint.

Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew. The Ming Method includes: Total pain relief with no drugs, no side effects, no surgery Fifteen-minute therapy sessions you can perform in your living room Self-diagnosis techniques to tailor treatment to your individual pain The proper hydration and supplementation for optimum health For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

"Do you suffer from allergies, headaches, or arthritis? Do you endure the constant pain of backaches, knee problems, or TMJ? Or are you affected by asthma, high blood pressure, or digestive disorders? Regardless of your particular condition, you are probably acutely aware of your symptoms. Your doctor, family members, and friends may offer advice, suggesting treatments that provide temporary relief of your symptoms. But until you know what's really wrong with you, you will never be able to effectively eliminate the problem." "In What's Really Wrong With You?, Thomas Griner presents a revolutionary look at how muscles - yes, muscles - can affect your health. Muscle comprises more than half of the body's mass. Yet this major part of the anatomy has been consistently overlooked in traditional diagnoses of common ailments. That is, until now. In this book, Thomas Griner reveals how unhealthy muscles can cause a broad range of disorders, from back pain to bronchitis. And he shows you how these problems can be successfully overcome without the use of drugs or surgery." "Divided into three parts, What's Really Wrong With You? is a clearly written guide to understanding many common ailments and how they can be corrected. In Part One, the author discusses how muscles become unhealthy. Part Two presents in straightforward language and detailed illustrations the physiological role of muscle in many illnesses. And to promote muscle health, Part Three explains how you can perform body-friendly exercises. It also tells you how to apply the author's own muscle-massage technique, which has proven effective for patients with varying disorders." "So if you're sick and tired of feeling sick and tired, and you're looking for some answers, let this ground-breaking book be your first step on the road to vital health."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to

focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program.

The author of The Warrior Diet presents a revolutionary nutrition and exercise program that can improve your health, longevity, and athletic performance. Provocatively written yet grounded in science, *Unlock Your Muscle Gene* is a revolutionary guide to physical transformation and the latest information on muscle conditioning, weight loss, and anti-aging strategies. According to Ori Hofmekler, we need to learn how to trigger the genes that retain and develop our muscles and extend our lives—we need to unleash this innate program that transforms pain to power and makes our bodies thrive. Hofmekler exposes the false theories behind modern fitness and presents the actual biological principles upon which human diet and training should be based. He also details how to combine foods; the right meal timing and meal size; why we need to separate AM foods and PM foods; the ideal fuel to prevent “hitting the wall”; how long and how often to train; and whether we can develop a super-muscle fiber hybrid with unmatched strength and durability. *Unlock Your Muscle Gene* will inspire you on your path to a stronger, healthier, biologically younger body.

Starting today, you don't have to live in pain. “This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health.”—Tony Robbins That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cises specifically designed to provide quick and lasting relief of:

- Lower back pain, hip problems, sciatica, and bad knees
- Carpal tunnel syndrome and even some forms of arthritis
- Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ
- Shin splints, varicose veins, sprained or weak ankles, and many foot ailments
- Bursitis, tendinitis, and rotator cuff problems

Plus special preventive programs for maintaining health through the entire body. With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body!

By the director of Muscle Pain Research at NYU School of Medicine, a revolutionary book about solving back pain without surgery and drugs.

END MUSCLE AND JOINT PAIN You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. *End Everyday Pain for 50+* presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age. This book's step-by-step approach provides quick relief and lasting solutions by fixing your body's alignment through simple stretching and movement. No matter what part of your body is hurting, *End Everyday Pain for 50+* offers a treatment to heal it, including:

- Neck Stiffness
- Shoulder Bursitis
- Tendinitis
- Hip Misalignment
- Headaches
- Lower Back Pain
- Sciatica
- Meniscal Tears

END PAIN, REGAIN RANGE OF MOTION AND PREVENT RE-INJURY Millions of people suffer from debilitating shoulder problems every year. With *Healthy Shoulder Handbook*, you can take yourself off that list. This friendly manual outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation and repetitive motion injuries. Illustrated with over 300 step-by-step photographs, *Healthy Shoulder Handbook* offers easy-to-follow exercises to:

- Build strength
- Improve flexibility
- Speed up recovery
- Prevent injury

Healthy Shoulder Handbook also features specially designed programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf and more. Follow the approach in this book and you'll be able to quickly get back to the job (or back on the court!) and stay there--pain free!

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