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



Synopsis

Are you plagued by joint pain? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favorite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving that golf ball down the fairway or from simply performing everyday 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.

Book Information

Series: Harvard Medical School Special Health Reports

Paperback: 45 pages

Publisher: Harvard Medical School (April 1, 2012)

Language: English

ISBN-10: 1614010080

ISBN-13: 978-1614010081

Product Dimensions: 8.5 x 0.4 x 10.9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,552,144 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #165257 in Books > Self-Help

Customer Reviews

Prepared by the editors of Harvard Health Publications in consultation with Edward M. Phillips, M.D. Assistant Professor, Department of Physical Medicine and Rehabilitation, Harvard Medical School, and Director and Founder, Institute of Lifestyle Medicine, as well as Master Trainers and Fitness Consultants Josie Gardiner and Joy Prouty.

During years, and caused by related health problem, or just interest, I have bought a handful of these thin "A Harvard Medical School Special Health Repots" books, which I find good, and helpful, to use as lexica, and especially when I shall show and explain something to for example something to other persons, and especially my wife. And actually my wife have now during the past 14 month had problem with her hands joints. But each time I have been speculating about buying one of these thin books then I have been missing information telling what was inside the actual book of which I only saw the front side and read a few lines. So hereby, concerning the actual book, I send this

customer review and thereby trying to help other persons being in the same situation as I was when speculating about buying this book. The book is separated in these chapters: Contents Taking the first step 2 Safety first 4 Posture, alignment, and angles: Striking the right pose 7 Equipment: Choosing the right stuff 8 Getting started 9 Dig deep for motivation 12 Using the workouts 15 Ankle workout 18 Knee workout 24 Hip workout 30 Shoulder workout 35 Wrist and elbow mini-workout 42 Resources 44 Glossary 45

In "Taking the first steps" we read about the reason to bother with exercising and how much exercising we have to do. In "Safety first", we read about some warning signs, like for example sudden, sharp, or intense pain, and in case getting such sign during, or after, training, then to contact a doctor before continuing doing gymnastic. And we read "Six all-around exercise tips", the number 1 being to warm up properly. And this followed by "Five strength training tips", with the number 1 being only to use light weight (1 - 3 pounds). And the chapter finish with "Four stretching tips", of which the number 1 is to warm up first.

On the side 7 we get the "Posture, alignment, and angles: Striking the right pose". This is concerning how the posture counts when we are exercising, and about balance and how all the bones first work correct when working together. In the chapter "Equipment: Choosing the right stuff", we on 1 side read about: Ankle weights, Chair, Hand weights, Hand towel, Mat, Resistance bands (picture), Resistance tubing, Rubber ball, Shoes, Stability ball (concerning sizes), and Yoga strap. In the "Getting started", we as the first subtitle are having "A simple cardio workout" in which we are advised in planning how to start out training, and increasing the time used on training until we reach the correct time. And concerning the case that walking is too hard, then what ells to do, and read swimming, rowing machine, and much more. Actually my own mother continued swimming after a heart attack resulting in that she no longer could walk. In the second part of chapter we get "Why weight matters", and we have the Table 1 "Normal, overweight, or obese?" And we have some calculation showing how hard it is, or how long time it takes, to use 1 pound of fat, 3,500 calories, if only by activity. The chapter entitled "Dig deep for motivation" which cower 3 sides, the first is a double side of which 2/3 is a timetable with columns for each day in the week and a few suggestions in the actual days, except Sunday. And in the connected writing, among other, it's written that sometimes it more enjoyable when doing the workout together with a friend. And then the third side contains "Planning worksheet", in which to cross in under "What will I gain?", and "How can I make it over the hurdles?"

In the chapter "Using the workouts", we first under "What information is in each workout?" are told about the specific information and instructions we get by each of specific exercise. That is: Repetitions (or reos), Sets, Intensity, Tempo, Hold, Rest, Starting position, Movement, Tips and techniques, Too hard?, and Too easy? And the chapter is finish with "Answers to six common questions", as 1. Which workout

should I do?, 2. What if I can't do all the reps or sets suggested?...The "Ankle workout" begins with Fig. 1 "Ankle anatomy", with parts names and explaining how they work together when we are standing on our feet. And then follows 12 exercises, the first of these being 1. "Ankle pumps", 2. "Foot rotations", and so on. For which we all together are having 22 small pictures. In the chapter "Knee workout", we have 2 figures of a knee, respectively Fig. 2 "Strong and flexible" and Fig. 3 "Osteoarthritis of the knee". And we then are having shown 11 different exercises, starting with 1. "Walk forward and back", 2. "Mini-squats"And covered by 13 small pictures. The "Hip workout" chapter starts with the Fig. 4 "Hip anatomy", and followed by 12 different exercises covered by 17 pictures. The "Shoulder workout", of course starts with a drawing, the Fig. 5 "Anatomy of the shoulder joint", but also 1 side explaining, as we in the shoulder have more different movement directions, and besides concerning Osteoarthritis ("wear and tear"), Bursitis, and Tendinitis. And then is followed by 12 exercises, covered by 22 small pictures. The small chapter "Wrist and elbow mini-workout" have no figure concerning the anatomy, but we are shown 4 exercises which are covered by 10 pictures. And the book finish with one side "Resources", that is Publications and Organizations, and followed by one side with "Glossary". All together a helpful book which by its writing and pictures is explaining which training to do for keeping our joints healthy, or in case not healthy, then for the rebuilding of the joints.

Very good instructional book. Up to date information and a good selection of functional and strength exercises. This book is an asset to a recovery program and/or preventing injury.

THE EXERCISES ARE VERY GOOD. I LIKE THE FACT THAT YOU CAN DO THE EXERCISES TO FIT YOUR ABILITY. IF THEY ARE TOO EASY YOU CAN PUMP THEM UP SOME. THE OBJECT IS TO GET MOVING. IT HAS REALLY HELPED ME.

Considering the cost of this book, I was expecting a much larger publication. Other expectations were also disappointed because I did not know that the exercises involved the use of many different types of exercise equipment. I do not have this equipment and do not plan to buy it, so the book is not very helpful for me.

Great book for a potentially disabling problem. I recommend this booklet for anyone with muscular skeletal issues. Many variations can help out.

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