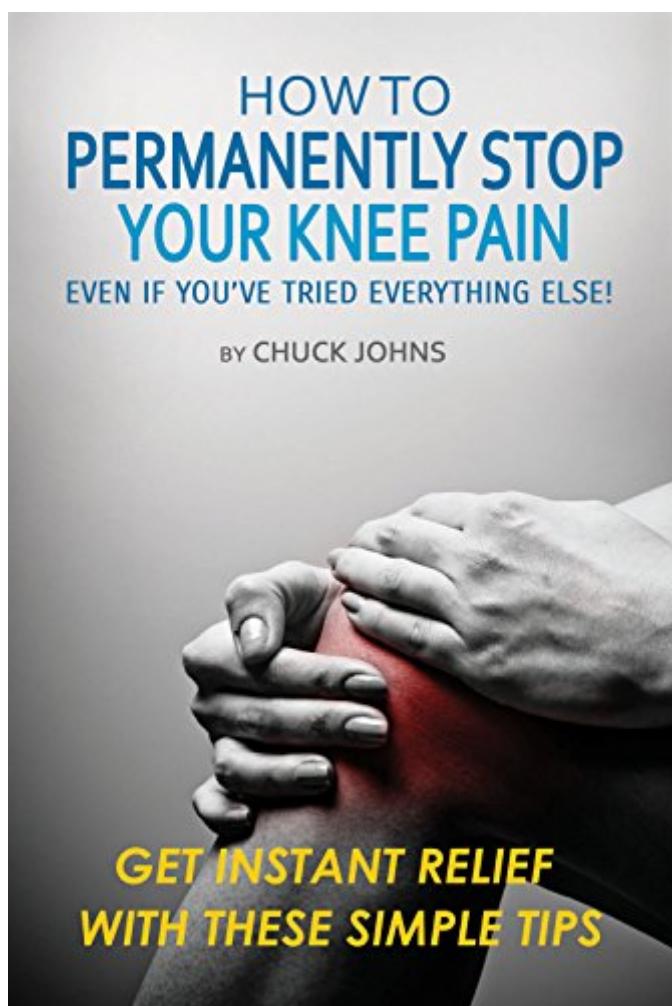


The book was found

How To Permanently Stop Your Knee Pain, Even If You've Tried Everything Else!: Get Instant Knee Pain Relief With These Simple Tips



Synopsis

We rarely stop to think about, let alone appreciate, how our joints work. Seems like a no-brainer given how often we use them on a daily basis â “ try even getting out of bed without your fingers to prop you up, your wrist to angle your hand to do so, or your knees and ankles to take your weight as you move from lying down to sitting to standing. But the interaction between the many parts of each joint to facilitate such movement is something surprisingly sophisticated to many of us who often take it for granted because itâ ™s such a commonplace part of our lives. This already sounds like an example of wonderful engineering, and youâ ™d be right to call it that, but it gets taken up to another notch when you imagine the engineering aspect of how the knees work to carry your weight. Not just carry your weight, but to do so efficiently in various situations â “ slowly lowering your body down to a chair or bed, ascending or descending stairs, or walking or running, or pivoting and turning while playing an active sport. The changing angles of the knee bends and the corresponding distribution of weight are aspects of everyday physics that we commonly donâ ™t take into consideration â “ when they work so flawlessly that we donâ ™t even think about them and theyâ ™re left to the level of instinct.

Book Information

File Size: 1071 KB

Simultaneous Device Usage: Unlimited

Publication Date: August 17, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B014252JMU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #581,264 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #63

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Customer Reviews

Well, this book didn't give me any more information than I already knew. I think this is a compilation of info author put into one volume. All of the info can be found on Google. I found one bit of info that was useful.

A very general overview of the mechanics of the knee and ways to reduce pain. A few exercises.. not much more.

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