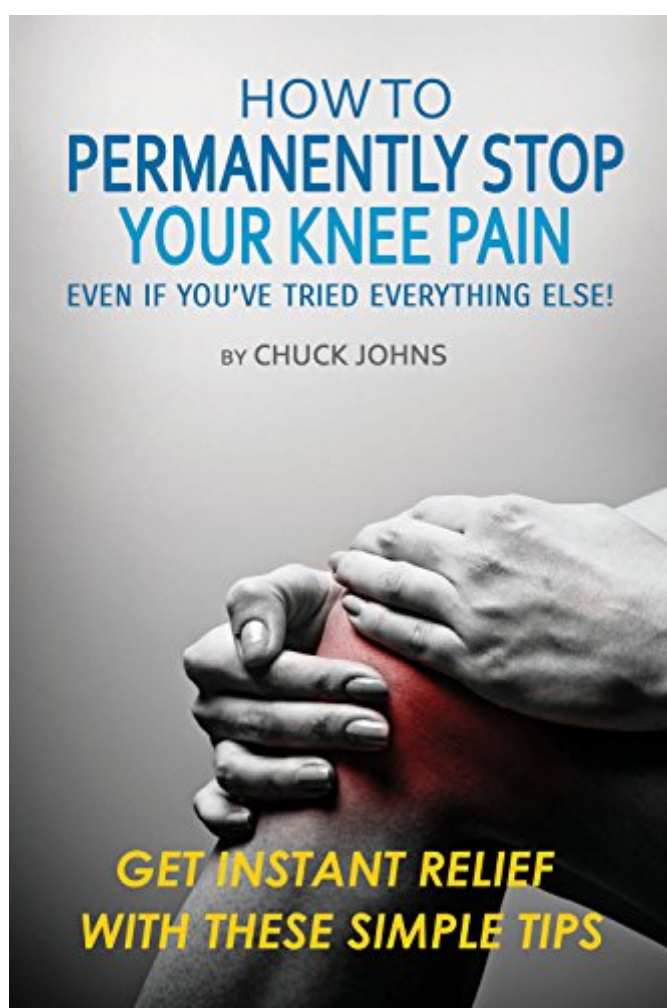


The book was found

How To Permanently Stop Your Knee Pain, Even If Youâ€™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 – 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 it's such a commonplace part of our lives. This already sounds like an example of wonderful engineering, and you'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 – 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 don't take into consideration – when they work so flawlessly that we don't even think about them and they're left to the level of instinct.

Book Information

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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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