A 11 MINUTE STEP BY STEP EXERCISE PROGRAM TO FEND OFF KNEE PAIN

9 EXERCISES A DAY KEEPS KNEE PAIN AWAY

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

9 Exercises A Day Keeps Knee Pain Away is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Contact Me
Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at rick@ExercisesForInjuries.com . Your feedback and ideas will help with the content of future editions and books.

ACL Injuries & Female Athletes

Over the last decade, torn and ruptured anterior cruciate ligaments (ACLs) in female athletes have increased at an alarming rate, prompting researchers and experts to search for possible causes and prevention of this type of injury.

A higher prevalence of ACL injury occurs in female athletes. Women are 2.4 to 9.7 times more likely to suffer from ACL injury than are men of similar competition and training levels.

Female athletes who participate in sports that involve landing from a jump, abrupt changing of directions and cutting, such as basketball, soccer, skiing and gymnastics are especially at risk.

Reports state that women basketball players are 5 to 7 times more likely to incur ACL injuries than men, and female soccer players sustain ACL injuries more than twice as often as men (American Council on Exercise, 2009).

On average, women rupture their ACL ligaments 5 years earlier than men do. In addition, the majority of females with torn ACLs are between the ages of 15 and 25.

Although the exact cause of disproportionate ACL injury in women is still unclear, and the possibility of a complex interplay between different factors is likely, possible explanations have been proposed by experts.

Anatomic differences, joint laxity, range of motion, hormonal secretion and training techniques are all suggested factors that could predispose women to ACL injuries.

The risk factors of an ACL injury can be categorized as intrinsic or extrinsic. Intrinsic factors refer to the body while extrinsic factors refer to environment.

Intrinsic factors

Wider Pelvis - The female pelvis is wider than the male pelvis. A wider pelvis results in a more forward tilted femur near the hips as the shin bone is angled toward the knee. This can result in knock-knees, which in turn, place a great amount of stress on the ACL.

Smaller Intercondylar Notch - Females have a narrower intercondylar notch, through which the ACL passes through. It has been suggested that cutting and jumping movements with narrow femoral notches may weaken the ACL.

Smaller ACL - Women have smaller anterior cruciate ligament size, making it more vulnerable to fraying.

Lax Ligaments - Generally, women have greater knee laxity, which may be influenced by secretion of large amounts of hormones. Receptors for estrogen and progesterone have been identified on the ACL; thus, hormonal fluctuations occurring during the menstrual cycle may influence the structure of the ACL. It was found that women are more susceptible to ACL tears during the ovulatory phase (days 5 through 12 of the menstrual cycle), when the estrogen and progesterone levels are high, increasing the laxity and susceptibility of the ligament to overstretching.

Poorer Strength & Reaction time - Women have less muscle strength and slower muscle reaction times than men. Strong and fast-reacting hamstrings are vital to keep the ACL intact during abrupt changes of direction. In addition, women tend to recruit or use their front thigh muscles or quadriceps, increasing the risk of ACL injuries. The hamstrings protect the ACL by decreasing the stress applied on the knee as the lower leg moves forward. The quadriceps pulls the shin bone forward, consequently placing additional stress on the ACL.

Extrinsic factors:

It has been found that women are more vulnerable to execute movements that increase the risk of ACL injuries.

Jumping - Evaluation of jumping activities found that although men and women may take part in the same sport with the same competition levels, their movements differ.

Landing - When landing from a jump, women tend to not bend their knees as much as men do, increasing the stress on the knee joints.

Upright Position - Women also turn or pivot in a more upright position. Increased knee flexion or bending during landing can avoid damage of the ACL.

What Can Females Do to Prevent an ACL Injury?

Female athletes are recommended to include agility drills and plyometrics in their training programs to increase knee strength. Include exercises that strengthen the knee and the hamstrings, such as leg presses, squats and lunges. Learn to use the hamstrings instead of the quadriceps through muscle control techniques. It's also essential that females learn how to land safely on a flat foot, crouch and bend knees. Ideally, coaches of female athletes in the higher risk sports for ACL injury would encourage women to avoid extrinsic factors when jumping, landing and when moving in an upright position.

What Exercises can Females Do?

Please see the exercises in this book for safe, effective techniques to increase knee strength and avoid ACL injury.

The exercises outlined in ***9 Exercises A Day Keeps Knee Pain Away*** are simple, easy and effective. They can be done any day, anywhere and with no equipment.

Reference

American Council on Exercise (2009). *Fit facts*. Retrieved on January 30, 2010 from https://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_2632.pdf

Key Exercise Details to *9 Exercises A Day Keeps Knee Pain Away*

What should I do before performing these exercises?

Consult with your physician to see if there is any reason why you should not perform these exercises.

How often to perform the exercises in this book?

Each exercise should be performed every day and as a warm up before games or sports.

When should I feel and see results?

You may feel results within a week of performing the exercises consistently every day. You will see results within three weeks of performing the exercises consistently everyday.

What about stretching?

It is recommended that you stretch after performing any activity or sport; prior to sports activities, focus on dynamic movements and exercises such as the ones included in this book.

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be dong them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

9 Running Exercises to Fend off ACL Injuries

EXERCISE 1: Running Straight Ahead

Start

End

Purpose:	To loosen up the lower body and dynamically stretch the legs.
Starting Position:	Start in a standing position, ideally by one of the end points or lines on a sporting field.
How to Do the Exercise:	1. Begin with lightly running on the spot. 1. From the line, run in a slow controlled run to about 30 feet. 2. Rotate to the right and return to the line. 3. Run out again 30 feet and rotate left and return to the line.
Progressions:	- You can progress to 60 and then 90 foot runs.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. -

EXERCISE 2: Running Hip Out

 **Start**	 **End**

Purpose:	To loosen up the lower body and dynamically stretch the hips rotating out.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin by lightly running on the spot. 2. From the line, run in a slow controlled run for about 5 feet. 3. Come to a stop and lift one knee up, out and back parallel to the other foot. 4. Run out another 5 feet and lift the other knee up, out and under your hip.
Progressions:	- Progress to running 60 and then 90 feet apart. - Increase the running speed between hip movements. - Increase the speed of the hip movement.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Not coming to a complete stop. It is important that you come to a complete stop before performing the hip movement. - Wobbling while doing the hip movement. It is important to be in control when standing on your one leg. If you wobble, slow down the movement.

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EXERCISE 3: Running Hip In

 **Start**	 **End**

Purpose:	To loosen up the lower body and dynamically stretch the hips
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run in a slow controlled run out about 15 feet. 3. Come to a stop and lift one knee out, in and back to parallel to the other foot. 4. Run out another 15 feet and lift the other knee out, in and under your hip.
Progressions:	- Progress to 60 and then 90 feet apart. - Increase the running speed between hip movements. - Increase the speed of the hip movement.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Not coming to a complete stop. It is important that you come to a complete stop and before performing the hip movement. - Wobbling while doing the hip movement. It is important to be in control when standing on your one leg. If you wobble, slow down the movement.

EXERCISE 4: Running Side to Side

 **Start**	 **End**

Purpose:	To loosen up the lower body and build stability in the side to side plane of movement
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run in a slow controlled run out about 5 feet. 3. Come to a stop and move sideways 4 strides. 4. Then stop and return 4 strides back to where you started. 5. Run out another 5 feet and move out to the side again. 6. Repeat.
Progressions:	- Progress to 60 and then 90 feet apart. - Increase the speed you move side to side.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Not coming to a complete stop. It is important that you come to a complete stop and then move side to side.

EXERCISE 5: Running Forward and Back

 **Start**	 **End**

Purpose:	Warm up the body when changing direction forward and back, and warm up the hamstrings when moving backwards.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run in a slow controlled run out about 7 feet and then pedal back to the line. 3. Run out about 14 feet and back pedal to the line. 4. Run out about 21 feet and back pedal to the line. 5. Run out about 30 feet and back pedal to the line. 6. Repeat.
Progressions:	- Progress to 60 and then 90 feet apart.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up.

EXERCISE 6: Running Side Jump

Start

Middle 1

Middle 2

End

Purpose:	To loosen up the lower body and build stability in the side to side plane of movement and train your body to land in a safe, strong way.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run in a slow controlled run out about 55 feet. 3. Come to a stop and move sideways 4 strides, then two-foot jump to the side you are moving. 4. Focus on a safe, strong landing with perfect alignment of your foot, knee and hip. 5. Stop and return 4 strides back to where you started. 6. Run out another 15 feet and move out to the side again. 7. Repeat.

Progressions:	- Progress to 60 and then 90 feet apart.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Not coming to a complete stop. It is important that you come to a complete stop and then move side to side. - Not focusing on a safe, strong landing with good alignment. You want to train the body to land in a safe and strong manner, not a poor manner which will increase the risk of injury.

EXERCISE 7: Fast Run

 **Start**	 **End**

Purpose:	To loosen up and warm up the body when it comes to increasing the speed of movement.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run out at 75% of your maximum speed for about 30 feet. 3. Come to a stop, turn around and lightly jog back to the line. 4. Repeat.
Progressions:	- Progress to 60 and then 90 feet apart.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Make sure to turn to the left and the right when going back to the starting point.

EXERCISE 8: Bounding Run

 **Start**	 **End**

Purpose:	To loosen up the lower body, improve the movement in the hips and work on explosive movements.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run and take big bounding steps for 100 feet. Make sure to drive forward and high with one knee with the arm on the same side moving back. 3. Come to a stop, turn around and lightly jog back to the line. 4. Repeat.
Progressions:	- Progress to 60 and then 90 feet apart. - Do bounding steps on the return instead of jogging back.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up.

EXERCISE 9: Plant and Cut Run

		
Start	**Middle**	**End**

Purpose:	To loosen up the lower body and build stability in the side-to-side plane of movement.
Starting Position:	Start in a standing position by one of the end points or lines.
How to Do the Exercise:	1. Begin with lightly running on the spot. 2. From the line, run at a 45 degree angle to the line for about 5 steps. Then plant with your outside foot and change direction about 90 degrees. 3. Out of the plant, accelerate to about 90 percent of your maximum speed for two steps, jog 3 steps and then cut in the other direction. 4. Do this for 30 feet, then turn around and jog back to the line. 5. Repeat.
Progressions:	- Progress to 60 and then 90 feet apart. - Do plant and cutting on the return instead of jogging back.
Contraindications & Common Mistakes:	- Starting out too strong. This exercise is intended as a light jog as you warm up. - Make sure to turn to the left and the right when going back to the starting point. - Not focusing on a safe, strong planting with good alignment. You want to train the body to plant and cut in a safe and strong manner, not a poor manner which will increase the risk of injury.

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Exercise Summary

Picture	Number of Times	Description
Running Straight Ahead 	2 times	Jogging forwards about 30 feet and then jogging back 30 feet.
Running Hip Out 	2 times	Jogging five feet, stopping, moving one knee up, out and together.

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Running Hip In 	2 times	Jogging five feet, stopping, moving one knee out, in and together.
Running Side to Side 	2 times	Jogging forward 5 feet, stopping and side stepping 4 strides.
Running Forwards and Backwards 	2 times	Jogging forwards and backwards.

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Running Side Jump 	2 times	Jogging forward 5 feet, stopping, side stepping 4 strides and then jumping to the side.
Fast Run 	2 times	Running fast and then jogging back.
Bounding Run 	2 times	Bounding forward.

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	Plant and Cut Run 	2 times	Jogging and then planting and changing direction.

Client Handout

Exercise	Day												
Running Straight Ahead 	2 times												
Running Hip Out 	2 times												
Running Hip In 	2 times												
Running Side to Side 	2 times												

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Running Forwards and Backwards 	2 times												
Running Side Jump 	2 times												
Fast Run 	2 times												
Bounding Run 	2 times												
Plant and Cut Run 	2 times												

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About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 260 presentations to more than 5000 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and

mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit www.**Exercises***For***Injuries**.com

About Healing Through Movement

Healing Through Movement
Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

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Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

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Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

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Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

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Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit www.HealingThroughMovement.com .

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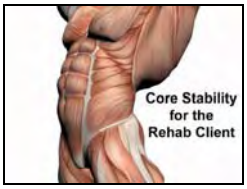
Other Products from Rick Kaselj



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Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - $89.00 for 3 DVD set

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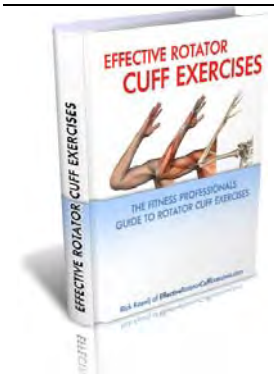

Effective Rotator Cuff Exercises
- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

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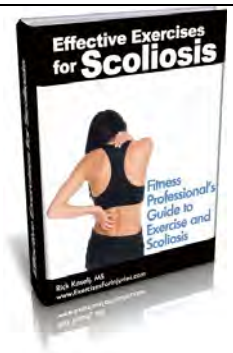

The Most Effective Exercises For Scoliosis
- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

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Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.
For more details visit - http://**Scapular**Stabilization**Exercises**.com/

Exercise and Plantar Fasciitis

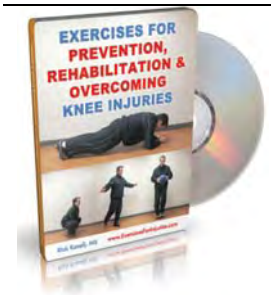
The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.
For more details visit - http://exercisesforinjuries.com/plantar-fasciitis-exercises/

The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.
For more details visit - http://exercisesforinjuries.com/rotator-cuff-conditioning-exercises/

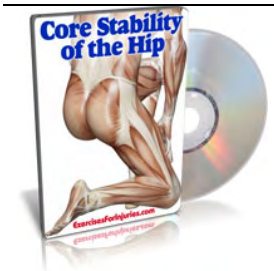
Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.
For more details visit - http://exercisesforinjuries.com/running-corrective-exercises/



Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.
For more details visit - http://exercisesforinjuries.com/acl-injury-exercises/



Core Stability of the Hip

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.
For more details visit - http://exercisesforinjuries.com/hip-injury-exercises/

Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.
For more details visit - http://exercisesforinjuries.com/lumbar_fusion_exercises/

Upcoming Webinars

- Exercises for Shoulder Impingement
- Exercises for Shoulder Dislocation

Interested in receiving a Shoulder Injury Guide?

Visit www.ExercisesForInjuries.com

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