

[PDF] Treat Your Own Knee (838)

Robin McKenzie - pdf download free book



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Description:

Reduce knee pain, stiffness and soreness using easy self-treatment techniques that anyone can perform at home. The most recent addition to Robin McKenzie's bestselling series of self-help books.

Treat Your Own Knee™ presents a mechanical background of knee pain, together with self-management guidelines and an exercise program for pain sufferers. Featuring the same easy-to-use, understandable format as other McKenzie handbooks, this practical text enables patients to engage in beneficial postures, activities and exercises to improve present symptoms of patellofemoral syndrome and anterior knee pain and limit future problems.

Written by Robin McKenzie. Illustrated. Softcover; 96 pages.

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