



Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More

Karl Knopf

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A COMPREHENSIVE RESISTANCE BAND PROGRAM FOR RECOVERING FROM INJURY AND STAYING PAIN-FREE AND HEALTHY

Ranging in intensity from super easy to extremely hard, the resistance band exercises in this book are sure to effectively and safely help you overcome any injury by building up strength and stability over time. Each section of the book by Dr. Karl Knopf targets a specific body part, with detailed anatomical information and easy-to-follow recovery routines for:

- Neck
- Shoulders
- Elbows
- Wrists & Hands
- Lower Back
- Hips
- Knees
- Ankles & Feet

Whether you're looking to reduce pain, transform troublesome muscles or get back in the game, *Injury Rehab with Resistance Bands* provides rehab techniques for your exact injury, including:

- Arthritis & Tendinitis
- Bursitis & Fasciitis
- Ligament & Meniscus Injuries
- Sprains & Strains
- Carpal Tunnel Syndrome
- Rotator Cuff Injuries

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