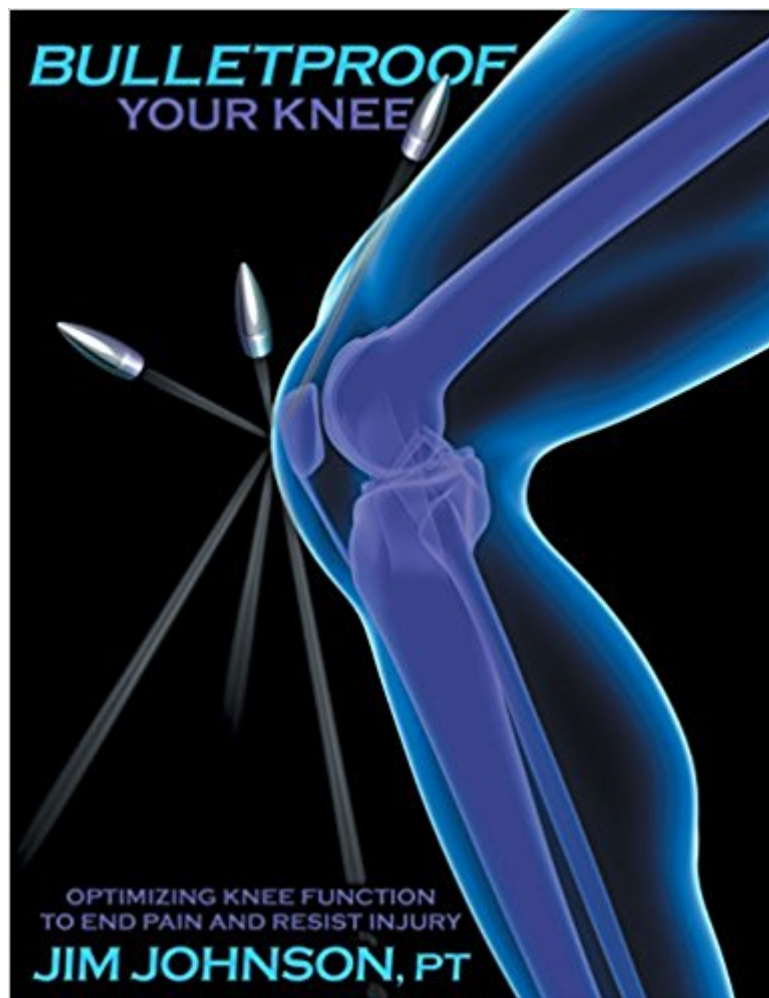




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# Bulletproof Your Knee: Optimizing Knee Function To End Pain And Resist Injury



## Synopsis

A "bulletproof knee" is a knee that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Knee will show you how! In less than 100 pages, readers will learn about the Bulletproof Knee Program - a series of simple and powerful exercises you do at home or in the gym, that take just a few minutes a day to do - yet create powerful changes in your knee tissues making it bulletproof to pain and injury. Recommended for those with chronic knee pain, athletes, or anyone who simply wants to get rid of or avoid knee problems. Hamstring problem? ã Â Check out Bulletproof Your Hamstrings!.....chronic pain, trigger point, massage therapy, chondromalacia, anterior cruciate ligament, posterior cruciate ligament, medial meniscus, lateral meniscus, torn ACL, torn PCL, knee arthritis, knee osteoarthritis, baker&apos;s cyst, patellar tendinitis, patella, quadriceps, quads, proprioception, wobble board, knee stiffness, stretching, running, marathon, half-marathon, triathlete, triathlon, ironman, rollator, walker, senior exercise, senior fitness, over 40, over 50, over 60, track and field, sports medicine, personal trainer, bursitis, synovitis, synovial joint, psoas, iliopsoas, thera cane, Osgood schlatter, knee brace, muscle roller, knee cartilage, glucosamine, chondroitin sulfate, physical therapy, physical medicine, physical rehabilitation, running injuries, sprinting, tendinitis, lateral collateral ligament, ligament, knee brace, foam roller, resistance bands

## Book Information

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## Customer Reviews

Here's what's in the book...Chapter 1 "How to Bulletproof a Knee" A bulletproof knee is a knee that is pain-free and resistant to injury.

What's the best way to get one? Â By optimizing your knee's function. If you

get a superior quad strength, fine-tune the control over your knee joint, gain optimal flexibility, and enhance your dynamic knee stability - you can have a bulletproof knee! Sound like a lot of work? Nope, it's not; it'll take you less than 10 minutes a day - the rest of the book shows you how...

Chapter 2 "The Parts of Your Knee You Need to Know About - in 5 Minutes" covers some basic knee anatomy so you can better understand what's in your knee and how it works - which will make it much easier when learning how to bulletproof a knee. Boring? Not with over 15 pictures!

Chapter 3 "Step One: Keep Your Quads Strong" While there are many muscles that make the knee move, find out why the quadriceps is the single most important muscle in your knee when it comes to getting rid of knee pain - and how you can make it super strong by doing just one exercise twice a week!

Chapter 4 "Step Two: Fine-Tune Control Over Your Knee" Having strong knee muscles is a must, but you don't want to stop there. Why? Because emerging research is now starting to show that if certain hip muscles are weak, you can lose some control over how your knee moves. Who would have thought that a muscle way up at the hip could cause so much trouble down at your knee? Find out more about this key hip muscle that's the culprit - and how to get it in top working order!

Chapter 5 "Step Three: Optimize Knee Flexibility" The strongest, most stable knee in the world is practically useless if all it can do is move around a few degrees in each direction. Therefore, the purpose of this chapter is to make sure that your knee has optimal flexibility in all the major directions. Here I'll show you how you can gain such flexibility in your knee in just one minute a day - the research has proven it!

Chapter 6 is titled "Step Four: Increase Dynamic Knee Stability" Having good dynamic knee stability means that you can keep your knee stable as you are moving it around and putting it into action. No matter if you're running on uneven ground, suddenly walking on a slippery floor, or climbing stairs - your knee needs to be able to react quickly - and contract the right muscles in order to keep the joint in a safe and stable position. This is essential if you're going to have a totally bulletproof knee, and it is in this chapter that I'll show you how to acquire this quality through perturbation training techniques. Never heard of them? Most people haven't, but you will know all about them after this short chapter!

Chapter 7 is "The Bulletproof Knee Program" Here I pull together all the information in the book and put it into a practical series of exercises I call The Bulletproof Knee Program. It's all laid out for you in pictures, and I tell you step-by-step how to get started, what days to do what exercises, and how to keep your knee bulletproof over the long run. 10 minutes a day is all the time it takes.

Chapter 8 is "Comprehensive List of Supporting References" Like every book I

write, "Bulletproof Your Knee" is completely based on randomized controlled trials and scientific studies that have been published in peer-reviewed journals. Since I know there are readers out there like myself that like to actually check out the information for themselves, I've included the references for every study I have cited in the book. At 100 pages, I wrote this book so the reader could finish it in a few hours, and walk away with all the tools they need to get a "bulletproof knee" that is resistant to pain and injury. Additionally, I have written it in a little larger print, so those with vision problems will have an easy time reading it.

Jim Johnson, P.T. is a physical therapist who has spent over 24 years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including "Treat Your Own Hand and Thumb Osteoarthritis, Treat Your Own Knee Arthritis, Treat Your Own Carpal Tunnel Syndrome and Treat Your Own Achilles Tendinitis. His books have been translated into other languages, and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

This book by the author is a good and comprehensive book on improving your knee. While the book spends several pages trying to explain the knee and it feels like the author is filling pages to justify the book, the exercises mentioned are very effective. I have personally seen the difference in just 2 weeks. It is surprising how little awareness there is out there on how to maintain proper functioning of the knee through simple exercises. I would recommend it. The price is a little high for the book, but the way I looked at it was that I would have spent a lot more if I had gone to see a doctor or physiotherapist about the same, and I have the book with me to refer to as many times I want to. 8/10/2016 Update : I have been doing the exercises from this book for the last 3 months quite regularly and I have seen a marked difference in the pain in my knee. I do aerobics (Zumba) thrice a week and my knees used to hurt and did not allow me to bend them much. Now I can bend my knees without pain. I also feel more flexibility and springiness in my knee.

I have followed the recommended knee exercises outlined in this book and have seen dramatic relief in knee pain and improved knee function.

I really, really like this book. Concrete information. Pictures and instructions. I hurt my knee running and found this book. I learned about the leg and muscles and their job as well as where common weaknesses are. I used this book for the month leading up to my meniscus surgery. It really did help me to strengthen some weaknesses. I am now in physical therapy performing some of the same exercises the Bulletproof your Knee instructed me to do. my physical therapist recognized this title and agreed on its effectiveness and content. Highly recommend. I also bought the Bulletproof Your Shoulder book for my husband to strengthen some weaknesses he had. I would recommend this book before and after injury

Research galore backs up the key exercises--which are greatly illustrated. The research is so vast that much is too technical for non-specialists. But those interested--there it is.

A great benefit to my knees during the first week of use of the exercises that are provided.

This book tells you what muscles you need to strengthen not to have knee problems anymore. I like this book because I used to work in surgery as a nurse and I do not like being a patient I'll go to the gym and strengthen my muscles.

Very useful information.

Very good book with,great information.

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Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance  
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The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
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Forever-Without Surgery or Drugs  
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