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## The Joint Pain Relief Workout

Healing exercises for your shoulders, hips, knees, and ankles



In this report:  
4 complete workouts  
An elbow and wrist mini-workout  
Choosing the right equipment  
Exercising safely

**The Joint Pain Relief Workout Download Online eBook Edward M. Phillips M.D. Free eBook PDF/ePub/Mobi/Mp3/Txt,** Is joint pain holding you back? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favorite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving a golf ball down the fairway or from performing simple tasks like carrying a bag of groceries into your home? The exercises in this report can help relieve ankle, knee, hip, or shoulder pain, and help you become more active again, which in turn can help you stay independent long into your later years. The Joint Pain Relief Workout, a Special Health Report from Harvard Medical School, was designed by knowledgeable exercise experts. The workouts they created are intended to strengthen the muscles that support your joints, increase flexibility in your joints, and improve range of motion. Done regularly, these exercises can ease pain, improve mobility,

and help prevent further injury.

The report includes four workouts that target your ankles, hips, knees, and shoulders. You'll find detailed instructions for each exercise, as well as information on how to adapt each exercise to make it either harder or easier, so you can tailor it to your ability. In addition, the report includes mini-workouts to address wrist and elbow problems, a planning worksheet to help you get started and stay motivated, and answers to common exercise questions.

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