



# Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury

By Jim Johnson

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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? 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'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

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### **Bibliography**

- Sales Rank: #17385 in Books
- Published on: 2016-01-07
- Original language: English

- Number of items: 1
- Dimensions: 11.02" h x .23" w x 8.50" l, .60 pounds
- Binding: Paperback
- 110 pages



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