



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

By Karl G. Knopf

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More, Karl G. Knopf, A comprehensive resistance band program for recovering from injury and staying pain-free and healthy The ultimate tool for getting in shape or recovering from a painful setback, the resistance band is inexpensive, effective, and portable. With this simple device, you can rehabilitate injuries on any party of the body-all from the comfort of home. Containing 100 exercises and 150 step-by-step photos, this book offers safe and easy exercises that target the body's trouble spots and make recovery go quickly and safely. Divided into targeted chapters that each address a specific body part--including ankles, knees, hips, back, shoulders, elbows, wrists, neck, and more--this wide-reaching workbook offers detailed anatomical information and matching exercises to help you, regardless of where you are injured. Written by a medical doctor and physical rehabilitation expert, the information and program is accurate and easy to follow. The resistance band is the perfect tool for rehab since it's light, easy to adjust, and adds resistance in multiple directions--something free weights and machines cannot do. Whether trying to...



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