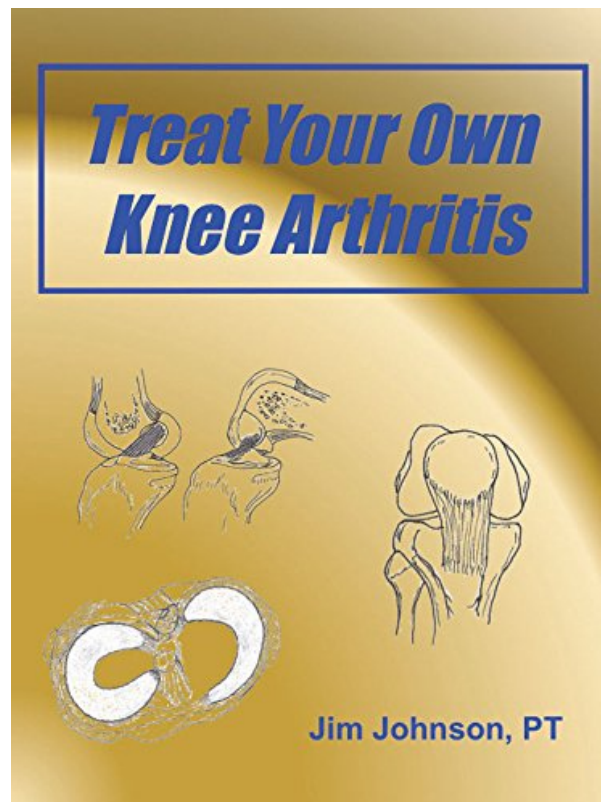


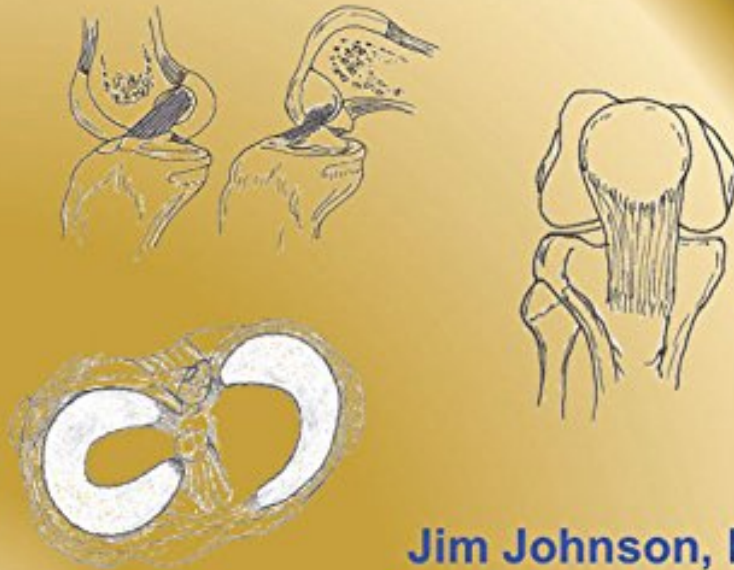
TREAT YOUR OWN KNEE ARTHRITIS BY JIM JOHNSON PT



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Jim Johnson, PT

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From the Author

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- Chapter 6 is "Tune-Up #4: How to Improve Knee Endurance". If the book ended at Chapter 5, you'd have exercises that would make your knee much stronger, more flexible, and highly responsive. While this would be good, it still leaves out one last function an arthritic knee absolutely has to have: endurance. Without endurance, your poor knee wouldn't let you do simple things like walk for very long at all. In this section, I show you five ways to improve your knee endurance - and you only need to pick the one that works best for you.
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You can learn more about the author and his books at bodymending.com

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The simple exercises in this book are specifically designed to manipulate your knee's biological tissues and make it...

- more flexible
- much stronger
- withstand fatigue better
- have better proprioception (responsiveness)

Additionally, some of the exercises can help prevent the progression of knee arthritis.

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Most helpful customer reviews

141 of 146 people found the following review helpful.

Valuable information for Baby Boomers

By D Musgrave

I read this book with some degree of skepticism. After knee surgery in 2008, physical therapy, and three years of knee pain, I was told I needed a partial knee replacement. I was not ready to have my knee disassembled just yet, so I was taking lots of ibuprofen and naproxen. Nothing seemed to help (OK, maybe Jim Beam!)

So I saw this book on Amazon and thought "What could it hurt?" Thirty bucks is nothing for medical care these days. It is well written, easy to understand, and logical. It could be summarized by "Your quads are weak." Could it be that simple? The author cites study after study that supports his conclusion, not to mention his own clinical experiences.

I have tried the exercises for about three weeks now, and guess what? The knee pain is SUBSTANTIALLY reduced! I can get out of chairs and cars better, and my bowling scores have improved! My quads are weak.

Who knew? By flexing the quads, the knee anatomy is pulled back up where it belongs. No more popping and snapping.

So I recommend it. If nothing else, it should save Medicare billions of dollars! It should be a covered expense, and mandatory reading for anyone considering a knee replacement.

69 of 70 people found the following review helpful.

Great help for arthritic knees!

By D. Bazan

This book is exactly what I was searching for after I underwent my 3rd knee surgery at age 46. I've had knee arthritis since high school, but I've stayed very active regardless. Even though I've been on an excellent workout schedule, 3 times a week minimum, doing weights and kickboxing, for almost 7 years now, my knees are still deteriorating. This book explains in plain English the "why" behind it, and gives an excellent overview of each layer of your knee and its components, and well as how arthritis affects this specific region. The author cites numerous studies and has done the hard work of researching what kinds of therapy does or does not help knees in this condition. He lays out an extremely easy to follow 6 week plan to strengthen the muscles in areas that have been shown to lead to the most improvement, and all these exercises can be done at home if you have no access to a gym. This book is simple, to the point, and contains all the necessary information you need to know, in addition to the "why's" you might wish to know, and lays out a program that is simple to follow. Highly recommended read for all those with arthritic knee conditions looking for some relief!

66 of 67 people found the following review helpful.

Outstanding

By Jeanette

I purchased "Treat Your Own Knees" four years ago on vacation. Some days I used crutches because the pain was so bad and I had been told I would need surgery and eventually knee replacements. I started the exercises the night I purchased the book and have been faithful to them ever since. I am now 58 years old and 90% pain free. I participate in crew and curling. I can run stairs. I don't limp or waddle when I walk. My flexibility and strength has dramatically improved and it is better than most people half my age. I rarely take anything for pain. This is simply the best book on the market for knees. Because I was able to increase my activity I was able to lose about 65 pounds. This book gave me my life back. I used the first edition that cost about \$10. Thank you. Thank you.

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