



# **Treat Your Own Knees: A Self-help Treatment Plan to Fully Rehabilitate 25 Common Knee Injuries**

*Brad Walker*

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The knee is the most commonly injured joint, and this is the first color book to cover 25 common knee injuries, appealing to a wide cross-section of consumers, from amateur to professional sportspeople. This easy-to-understand book will help a whole range of people, including endurance and team sport athletes and enthusiasts, personal trainers and coaches to understand their knee injury, and show them how to overcome the injury through a proven rehabilitation program. Packed with illustrations of the anatomy of the knee, rehabilitation exercises, plus unique color drawings of each of the 25 knee injuries covered, this will prove an invaluable and indispensable resource.

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