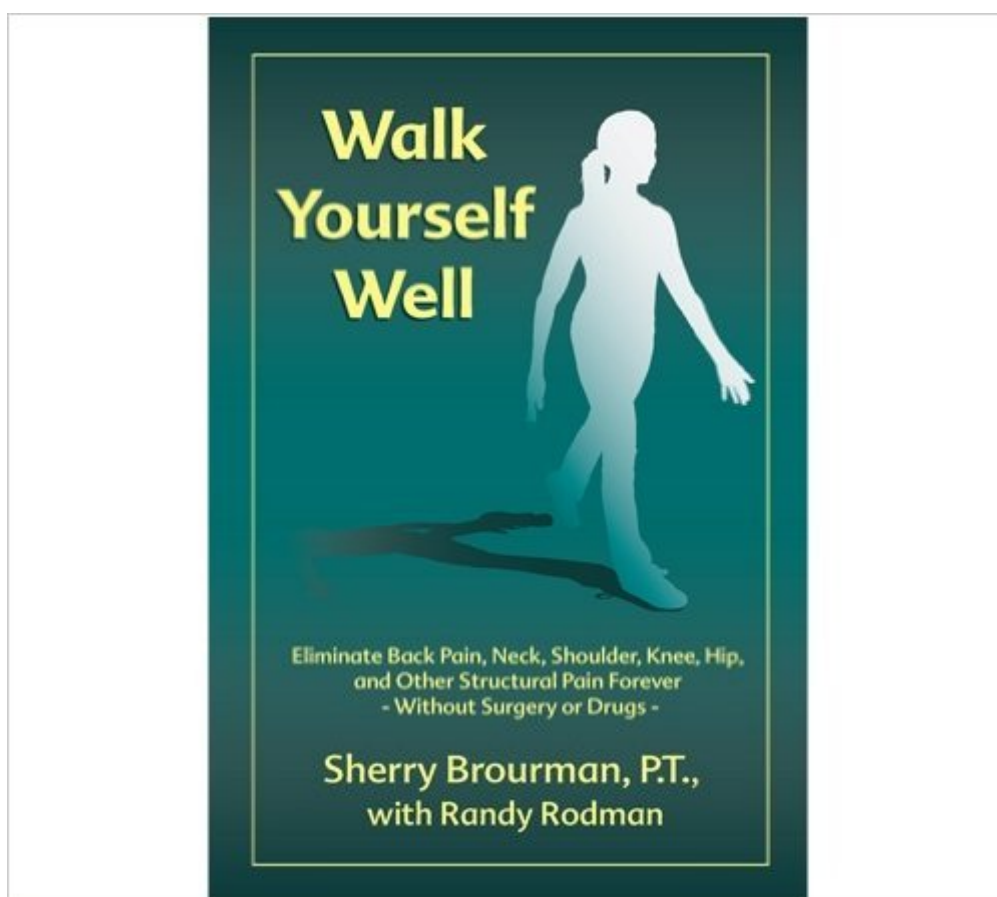


The book was found

# Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip And Other Structural Pain Forever-Without Surgery Or Drugs



## Synopsis

Learn the best way to walk. Sherry Brouman P.T., teaches her straightforward and innovative method for balancing the body and eliminating pain. With a comprehensive, easy to understand self-evaluation, and illustrated stretching, strengthening and walking exercises, you can learn how to eliminate neck pain, back pain, hip pain, leg pain, knee pain and all types of structural pain, naturally, without surgery or drugs.

## Book Information

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Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (40 customer reviews)

Best Sellers Rank: #399,280 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #129 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #135 in [Books > Medical Books > Medicine > Internal Medicine > Rheumatology](#)

## Customer Reviews

I have spent the last five years in agony with a bad ankle. For some strange reason that I didn't understand at that time,(and neither did the two surgeons, one rheumatologist, two podiatrists, four physical therapists and countless er docs with whom I consulted over the last thirty years), as I was doing my regular aerobic work, I totally ruptured the peroneal longus tendon in my right foot. Two surgeries later I was left with a chronically swollen ankle. I had lost the tendon and the peroneal nerve. I had total ankle reconstruction and had my heel bone moved over so my ankle would be more stable. It wasn't.Fast forward three years. The pain had increased and moved up into my back and hips. It was horrible. I couldn't sleep. My foot doc said, you will have to learn to live with it. I had an MRI. I had bulging discs in L1-2, 2-3 and 3-4. The 2-3 was pressing on the spinal cord. I was losing feeling and strength in my hips and legs despite doing all the weight lifting and cardio I could handle, about 90 minutes a day x 6 days a week.I researched why this would happen. I had a gradual onset of the back issue and couldn't remember a specific incidence of over doing or strain.

The title of this book popped up in reply to an internet search I did on the L2-3 disk bulge, so I ordered it. I had gone to see an osteopath for help with the back issue and was in physical therapy for it. My pt noticed that during exercises my ankle bowed out. She said, "That's the problem." I went home to find this book had come. I read it in two days and immediately began to do the work recommended. I took the book to the osteopath who agreed with the pt. That was about two weeks ago. I am now totally pain free for the first time in five years, and without pain meds.

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