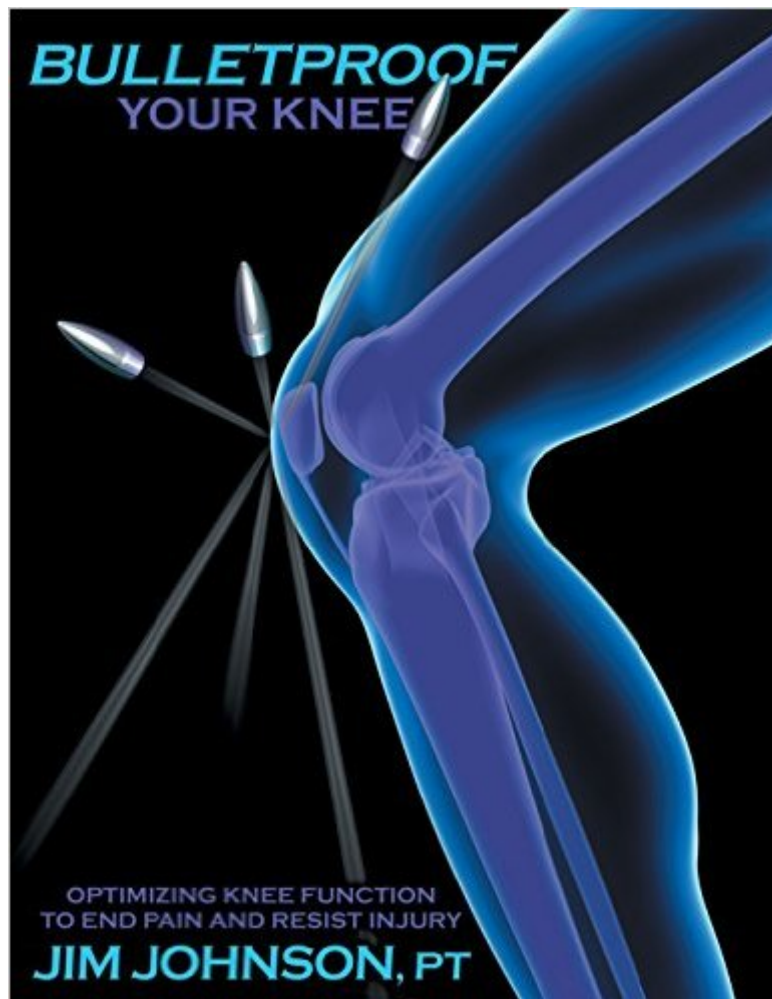


The book was found

# Bulletproof Your Knee: Optimizing Knee Function To End Pain And Resist Injury



## Synopsis

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!](#)

## Book Information

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## Customer Reviews

I used to skate when I was a child, for many years I practiced this sport, and I loved it, but every sport has its long-term consequences. As a result of the high impact on my bones provoked by jumping and landing on one leg, now I suffer from chronic knee pain. I never wanted to admit the amount of pain that it was, because I was afraid that I would need surgery, so I never told anyone. It was okay until I got pregnant, then the pain got worse, and now some days I can't even walk or use the stairs. Needless to say, running after a toddler is impossible during those days. But my life can't stop for three days because my knee hurts. That's why, besides consulting with a specialist, I decided to look for help in a book. I found Jim's book in my town's bookstore and didn't hesitate to buy it. The title said it all, that's what I needed: a bulletproof knee! I must say that this was the best spent money of this year, this book helped me tremendously! From easy-to-do exercises to tools that you can use to ease the pain during the difficult days, this guide covers it all. I specifically liked the diagrams and the pictures showing how to do the exercises. It's a well

thought book, as, besides explaining the scientific reasons of knee pain and the different parts of the leg that we need to work with, it also explains the process of strengthening it very clearly and in a way that is easy to understand. If you suffer from knee pain, don't doubt it, this book will help you to get back your leg's full function. You will forget about the horrible pain that you used to have in no time!

This book by the author is a good and comprehensive book on improving your knee. While the book spends several pages trying to explain the knee and it feels like the author is filling pages to justify the book, the exercises mentioned are very effective. I have personally seen the difference in just 2 weeks. It is surprising how little awareness there is out there on how to maintain proper functioning of the knee through simple exercises. I would recommend it. The price is a little high for the book, but the way I looked at it was that I would have spent a lot more if I had gone to see a doctor or physiotherapist about the same, and I have the book with me to refer to as many times I want to. 8/10/2016 Update : I have been doing the exercises from this book for the last 3 months quite regularly and I have seen a marked difference in the pain in my knee. I do aerobics (Zumba) thrice a week and my knees used to hurt and did not allow me to bend them much. Now I can bend my knees without pain. I also feel more flexibility and springiness in my knee.

You don't have to be someone with chronic knee pain to benefit from the author's guidance; I think anyone who leads an active life or participates in athletic activities can glean some good information here, especially if they have ever encountered problems with arthritis or joint pain in general. Some of this book's many highlights include: A cross-section of the knee and its anatomical makeup; functioning, and what these various anatomies are susceptible to. The surprising reasons why some people who have structural issues often don't suffer from knee pain. Promoting the use of ankle weights (I used to have a set of these, and they were just like the author described.) Various joint strength building exercises. Some of the exercises described, complete with illustrations, will seem familiar to you especially if you have some experience in using gym equipment. Be sure to follow the timed guidelines of holding and repetitions for maximum benefit and avoid possible injury. References are included as well, instilling confidence in the author's research process.

Great book for those who have any type of knee problems. Emphasis is placed on the importance of keeping your quads in great shape. Ice packs and Advil are what I usually use to help my knee pain, but I was interested to see if there was something else I could do to alleviate the pain naturally and

for the long term. I like how the author shows various diagrams and views of the knee to help you understand the parts. I remember trying to ask my doctor about my knee, and he just gave me a broad explanation of how the knee works, and I didn't learn a lot at all. When trying to do my own research, I just got confused. This book is not confusing. I learned a lot about the articular cartilage and various ligaments. I appreciate the stretches and exercises the author includes. I have started doing these, and I can already tell a difference in how my knees feel, especially when I sit down. I will probably read this book again, just because I want to go back through and take notes. There is valuable info in here, and the way it is organized makes it easy to read. It's a great all in one read on everything you need to know about your knees and how to get them in the best shape possible.

I really, really like this book. Concrete information. Pictures and instructions. I hurt my knee running and found this book. I learned about the leg and muscles and their job as well as where common weaknesses are. I used this book for the month leading up to my meniscus surgery. It really did help me to strengthen some weaknesses. I am now in physical therapy performing some of the same exercises the Bulletproof your Knee instructed me to do. my physical therapist recognized this title and agreed on its effectiveness and content. Highly recommend. I also bought the Bulletproof Your Shoulder book for my husband to strengthen some weaknesses he had. I would recommend this book before and after injury

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