



## Fixing You: Hip Knee Pain: Self-treatment for Hip Pain, Bursitis, Anterior Knee Pain, Hamstring Strains and Other Diagnoses

By Rick Olderman

Boone Publishing, LLC. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Hip and knee pain are often a result of poor pelvic muscle performance in combination with poor walking habits. This combination creates tracking problems in the hip socket or excessive rotation at the knee joint. Fixing You: Hip and Knee Pain teaches you what these issues are and how to simply fix them. This easy-to-read book contains ample illustrations and client stories to help you fully understand the problems causing your pain. Video clips of all exercises are found on [www.FixingYou.net](http://www.FixingYou.net) to help ensure rapid correction. Simply enter the code found in the book. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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