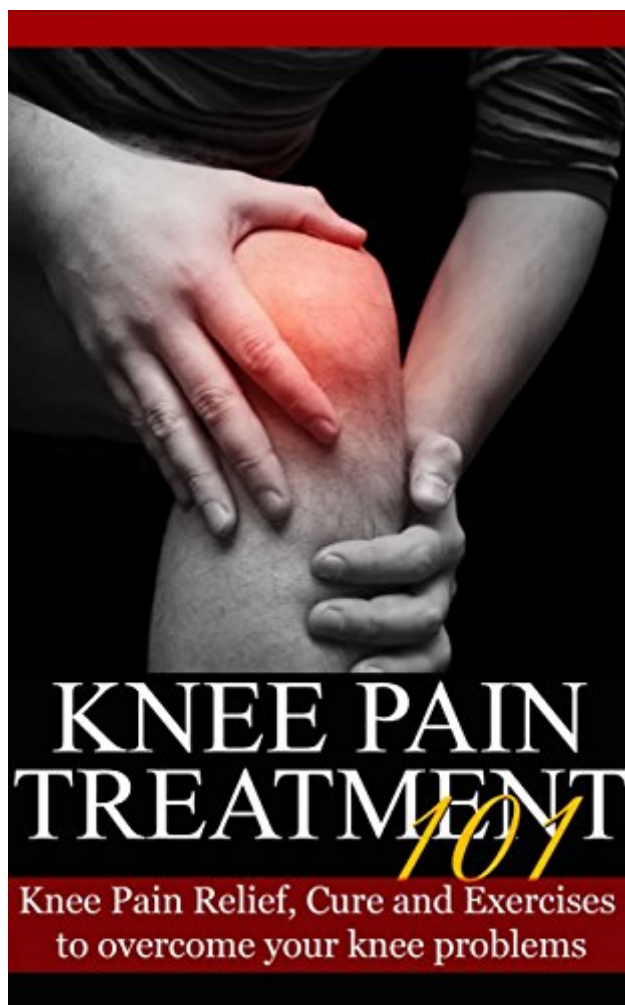


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# **Knee Pain: Treatment For Beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure And Exercises To Overcome Your Knee Problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)**





## Synopsis

What do you really know about Knee Pain? Knee pain is a frequent ailment that can be experienced by older adults, young adults, and children. Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book will help you better understand knee pain and see how you can deal with it. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject. Knee pain is a frequent ailment that can be experienced by older adults, young adults, and children. This type of body pain may take place immediately after an injury, or it may appear as an extension of a chronic medical condition. The amount of discomfort people feel may depend on the cause of the pain, area of the knee affected, or their physical condition prior to the pain. When knee pain occurs in the elderly, it may be a symptom or side effect of another health issue that may directly or indirectly involve the joints and bones. However, this is not always the case. In some older people, the pain can be caused by weakened bone structure that occurs during the aging process. This book will help you understand and deal with this problem if this is happening to you or to someone you know. After downloading this book you will learn...

Chapter 1: Basic Facts about Knee Pain Chapter 2: Major Causes of Knee Pain Chapter 3: Seeking the Help of a Doctor Chapter 4: Treatments for Knee Pain Chapter 5: Self-Care Methods for Knee Pain Chapter 6: Recommended Exercises for the Knees Chapter 7: What Food Items Are Good and Bad for the Knees? Much, much more! Read what other people have to say "I found many helpful tips that I can use to reduce knee pain from home, it contains useful information on the major causes of knee pains and recommendations on how to take better care of your knees to prevent future injuries."- Melissa M. - "This is well prepared and written book. This book outlines all the major causes and treatments for knee pain. After so many years of running my knees really started to hurt. I have chronic knee pain and have tried everything. This book has given me some really great new ideas to try to suppress some of the pain."- Debbie Champagne - "This book does a great job of giving you great information to make the right decision about each knee pain on if you can treat at home or need to go to the doctor and how to prevent future knee pain. Great book for everyone with knee pain."- Maggie - Download your copy today! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute Take action today and download this book for a limited time discount of only \$2.99! Start learning about Knee Pain management today! Tags: knee pain; knee pain cure; knee pain treatment; knee pain remedies; knee pain help; knee pain surgery; knee pain therapy; knee pain exercises; osteoarthritis; knee replacement; knee surgery; knee pain tips; knee pain advice; knee pain introduction; knee

pain books; knee pain 101; knee pain for beginners; knee pain for dummies; joint pain; joint pain relief; knee pain glucosamine cream; knee pain heat; knee pain joint; knee pain insoles; knee pain killer; knee pain light therapy; knee pain medicine; knee pain natural remedies; knee pain home remedies; knee pain pills; knee pain oilment; knee pain wrap; knee pain ultrasounding; knee health; knee healing; knee injuries; knee imagery; knee rehab; knee neoprene; knee support; knee tremblers; knee yoga pant

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## **Customer Reviews**

Nothing I did not already know. Provided a bit more clarity on leg raises but minimal at best.

This is a very good book for everyone suffering from knee pain. I have that problem myself and I found this book to be very informative about causes and simple treatments and exercises I can do to help myself. The author even included a chapter about food that is good for bad knees, I found that particularly interesting. The way book is written is very understandable and the author doesn't overrun you with medical lingo and information that, let's be honest, most of us don't need. I

recommend this book; it's simple, effective and helpful!

Another DIY book for my library - you can NEVER have too many - - -

Real educational

Beware of the other reviews, they are shells for the author. This 'book' is 45 pages long of large font, double spaced general tips. I feel completely ripped off. When the first page of a 'book' shows you are 13% finished with the entire book, and each 'chapter' is a few paragraphs, it becomes obvious that this is a money grab. I only wish the sample I downloaded had mentioned that the sample was pretty much the entire book. Will be requesting a refund.

This book was helpful and useful for me. I found out new facts about knee pain that helped me to understand my own pain better. Also there was interesting information about food items. Good job.

Well organized, to-the-point guide to knee pain... Outlines all the major causes & treatments for knee pain, including treatments you can apply yourself. Also indicates exactly when you need to see a doctor and how to prepare before seeing a doctor, which I thought was one of the most helpful parts of the book. Also liked the exercises section to prevent knee pain. Recommended!

Information too general. No real substance.

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