



Treat Your Own Achilles Tendinitis (Paperback)

By Jim Johnson PT

Dog Ear Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. JIM JOHNSON, P.T. is a physical therapist who has spent over twenty-one years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Sixty-Second Motivator, Treat Your Own Rotator Cuff, The 5-Minute Plantar Fasciitis Solution, Treat Your Own Knee Arthritis, Exercise Beats Depression, Treat Your Own Tennis Elbow, and Treat Your Own Spinal Stenosis. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States. Drawing from the latest research, TREAT YOUR OWN ACHILLES TENDINITIS will quickly teach you everything you need to know about getting rid of a painful Achilles tendon. In less than 100 pages, readers will learn - the detailed structure of the Achilles tendon and how it works - what can go wrong...

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