



Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses

Rick Olderman

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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 & 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 to help ensure rapid correction. Simply enter the code found in the book.

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