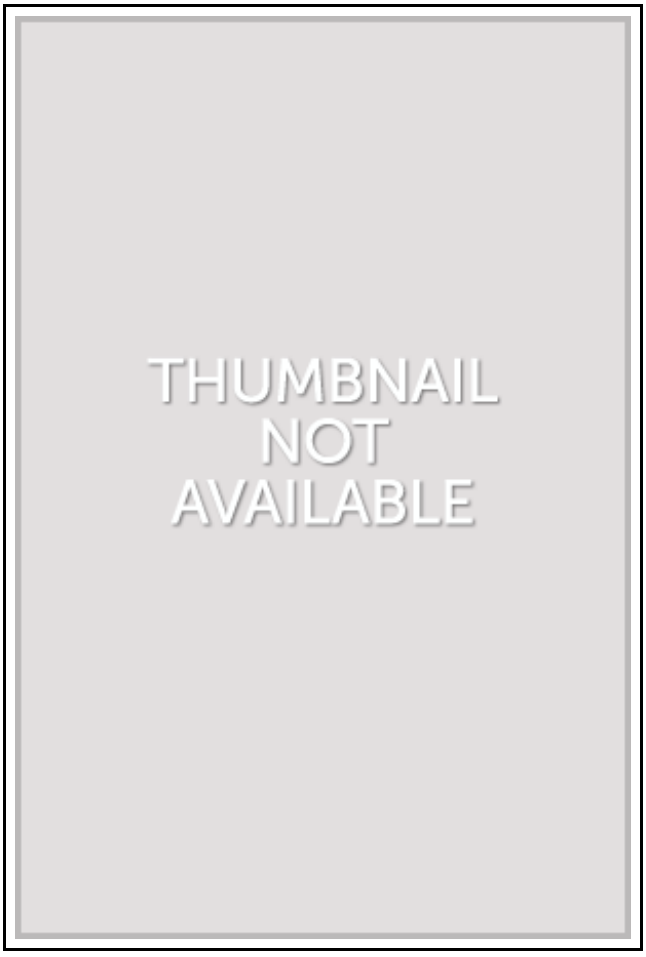
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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

(Prof. London Gerlach)

FIXING YOU: NECK PAIN AND HEADACHES: SELF-TREATMENT FOR HEALING NECK PAIN AND HEADACHES DUE TO BULGING DISKS, DEGENERATIVE DISKS, AND OTHER DIAGNOSES (PAPERBACK)

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Boone Publishing, LLC, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Fixing You: Neck Pain Headaches is an easy-to-use self-help guidebook to fixing just about every type of neck pain. This is because, no matter what the diagnosis, painful issues of the neck have the same root causes; that of poor neck function and poor shoulder function. These root problems can be easily corrected through the exercises found in this book. Visit for more information. Rick Olderman MSPT, CPT and Pilates instructor is a physical therapist with over a decade of experience working with difficult chronic and acute injuries. Rick s typical clients are those who have been to a variety of specialists and health care practitioners with little or no change in their pain. Often these clients feel significant if not complete relief in 1-3 sessions after using the Fixing You approach. How does Rick do this? Through assessing and correcting improper biomechanics at the root of all neck pain. Rick reveals his secrets in Fixing You: Neck Pain Headaches to guide you in assessing your injuries through simple tests and then give you specific exercises correcting the biomechanics leading to your pain. Readers will also have FREE access to video clips of all assessments and exercises found in Fixing You: Neck Pain Headaches. This ensures that you are both assessing and correcting your injuries properly. No other book has ever done so much to help you beat your pain.

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