

FIX MY FOOT PAIN



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By Rick Kaselj, MS & Mike Westerdal, CPT

FIX MY FOOT PAIN



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NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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TABLE OF CONTENTS

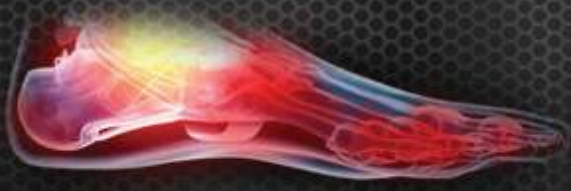
<i>Exercise Considerations</i>	7
<i>Disclaimer</i>	7
<i>Preface</i>	8
IMPORTANT INFORMATION – STOP AND READ	9
Fix My Foot Pain.....	10
Exercises Stage 1	10
Exercise Table Stage 1	11
Fix My Foot Pain.....	13
Exercises Stage 2.....	13
Exercise Table Stage 2	14
Fix My Foot Pain.....	16
Exercises Stage 3.....	16
Exercise Table Stage 3	17
Exercise Legend.....	19
Equipment Needed.....	20
Fix My Foot Pain Stage 1	21
Exercise #1: Fascia Stretch (1175).....	21
Exercise #2: Foam Roller Fascia Self Massage (1176).....	22
Exercise #3: Foam Roller Calf - Toe Up (1179)	23



Exercise #4: Foam Roller Hamstring Toe Up (1181).....	24
Exercise #5: Calf Stretch - Natural (1183)	25
Exercise #6: Soleus Stretch - Natural (1186).....	26
Exercise #7: Soleus Stretch with Foam Roller - Double Heel Drop (1189).....	27
Exercise #8: Calf Stretch with Foam Roller - Double Heel Drop (1192)	28
Exercise #9: Knee to Wall (1195).....	29
Fix My Foot Pain Stage 2	30
Exercise #10: Bottle Fascia Self Massage (1177)	30
Exercise #11: Foam Roller Calf - Toe Out (1180)	31
Exercise #12: Foam Roller Hamstring Toe Out (1182)	32
Exercise #13: Calf Stretch - Toe Straight (1184).....	33
Exercise #14: Soleus Stretch - Toe Straight - Natural (1187)	34
Exercise #15: Soleus Stretch with Foam Roller - Single Heel Drop (1190).....	35
Exercise #16: Calf Stretch with Foam Roller - Single Heel Drop (1193).....	36
Exercise #17 Knee to Wall on - Foam Roller (1196).....	37
Fix My Foot Pain Stage 3	38
Exercise #18: Ball Fascia Self Massage (1178)	38
Exercise #19: Calf Stretch - Toe In (1185)	39
Exercise #20: Soleus Stretch - Toe In (1188)	40
Exercise #21: Soleus Stretch with Foam Roller - Off Edgel (1191)	41
Exercise #22: Calf Stretch with Foam Roller - Off Edge (1194).....	42
Exercise #23: Heel off Step (1197)	43



GET BACK TO
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WORKOUTS



FAQ – Frequently Asked Questions44

 How often can I do these exercises?44

 Where are the passwords to the videos?44

 The password for the videos did not work?44

 What if I have a problem or a question?44

 Where are my download details for the product?44

 Where is your email with the download details?44

 Make sure to add news@ExercisesForInjuries.com to your email program.....45

 What if I unsubscribe from your emails?.....45

 What will appear on my credit card for this purchase?45

 Will I get anything in the mail?45

About Rick Kaselj.....46

About Healing Through Movement.....48

Other Products from Rick Kaselj51

Ready-to-Download Video Presentations from Rick Kaselj54



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Key words: foot injury, foot pain

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Fix My Foot Pain is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

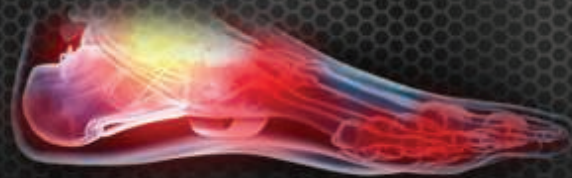
Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

Rick Kaselj



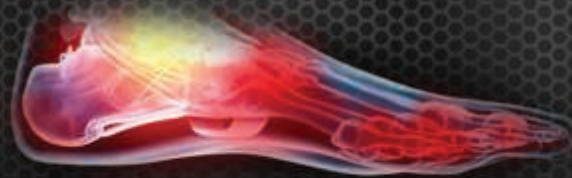
IMPORTANT INFORMATION – STOP AND READ



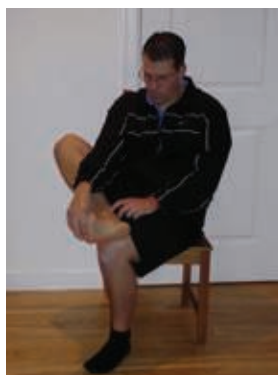
Before you go on, please watch the video presentation
that goes with this exercise manual.

The video presentation provides much more detail about the program.

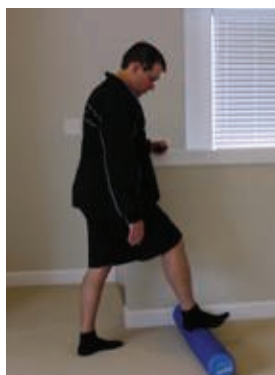
While the exercise manual focuses on the program exercises,
the details on how to do the program are in the video presentation.



Exercises for Stage 1



#1 – Fascia Stretch (1175)



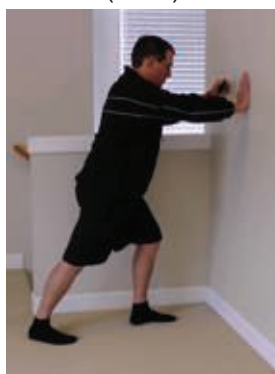
#2 – Foam Roller Fascia Self Massage (1176)



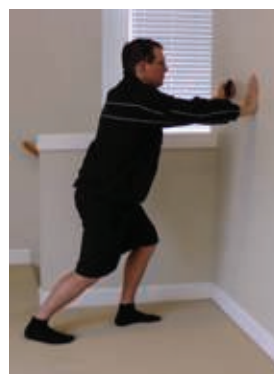
#3 – Foam Roller Calf - Toe Up (1179)



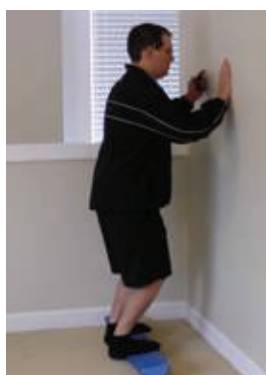
#4 – Foam Roller Hamstring Toe Up (1181)



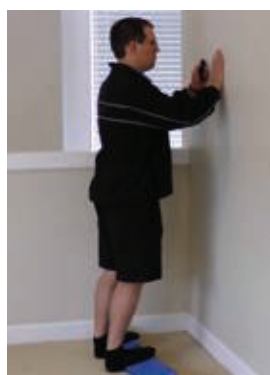
#5 – Calf Stretch – Natural (1183)



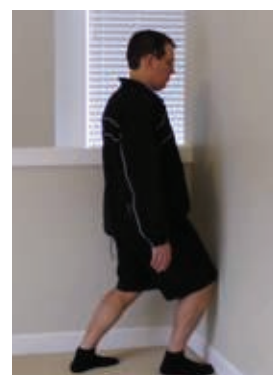
#6 – Soleus Stretch – Natural (1186)



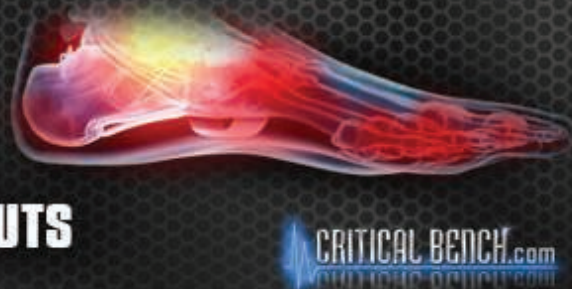
#7 – Soleus Stretch with Foam Roller - Double Heel Drop (1189)



#8 – Calf Stretch with Foam Roller - Double Heel Drop (1192)



#9 – Knee to Wall (1195)



Fix My Foot Pain Exercise Table — Stage 1

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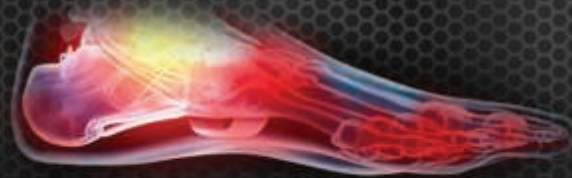
This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass- word	Sets & Reps
#1 - Structure Specific Stretching	1	1175	Fascia Stretch	https://vimeo.com/61384512	fmfp184	1 set of 10 reps with each stretch held for 10 seconds, done 1 to 3 times a day.
#2 - Self Massage of the Neck and Shoulder with Ball	2	1176	Foam Roller Fascia Self Massage	https://vimeo.com/61384513	fmfp184	1 set of 10 reps, done 1 to 3 times a day.
#3 - Lower Body Self Massage	3	1179	Foam Roller Calf - Toe Up	https://vimeo.com/61384515	fmfp184	1 set of 1 reps moving up the muscle, stop- ping at sensi- tive areas and moving on when sensitiv- ity decreases a little, done 1 to 3 times a day.

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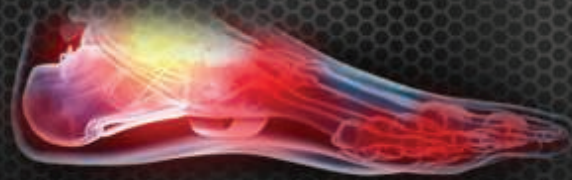


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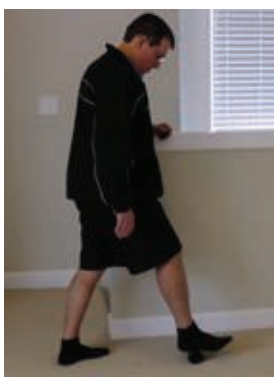


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	Program Exercise Number	Exercise Number	Soleus Stretch – Natural	Video of the Exercise	Pass- word	Sets & Reps
	4	1181	Foam Roller Hamstring Toe Up	https://vimeo.com/61384597	fmfp184	1 set of 10 reps, done 1 to 3 times a day.
#4 - Lower Body Stretching	5	1183	Calf Stretch – Natural	https://vimeo.com/61384598	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	6	1186	Soleus Stretch – Natural	https://vimeo.com/61384756	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	7	1189	Soleus Stretch with Foam Roll- er - Double Heel Drop	https://vimeo.com/61384804	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	8	1192	Calf Stretch with Foam Roller - Double Heel Drop	https://vimeo.com/61384805	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
#5 - Ankle Mobility	9	1195	Knee to Wall	https://vimeo.com/61384850	fmfp184	1 set of 10 reps, done 1 to 3 times a day.



Exercises for Stage 2



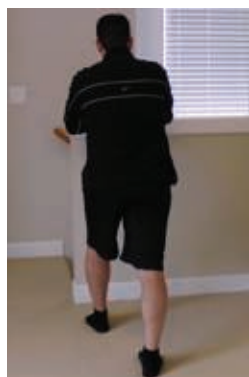
#10 – Bottle
Fascia Self
Massage (1177)



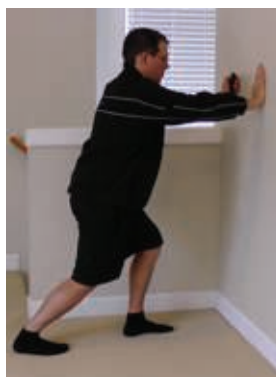
#11 – Foam Roller Calf - Toe Out
(1180)



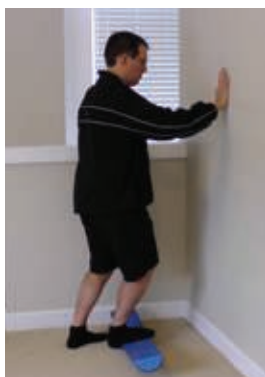
#12 – Foam Roller Hamstring
Toe Out (1182)



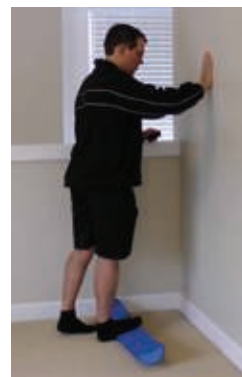
#13 – Calf
Stretch - Toe
Straight (1184)



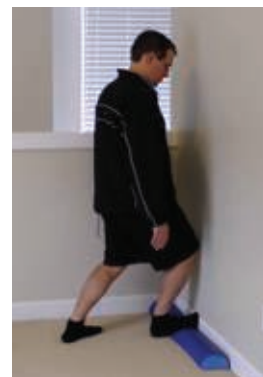
#14 – Soleus
Stretch - Toe
Straight (1187)



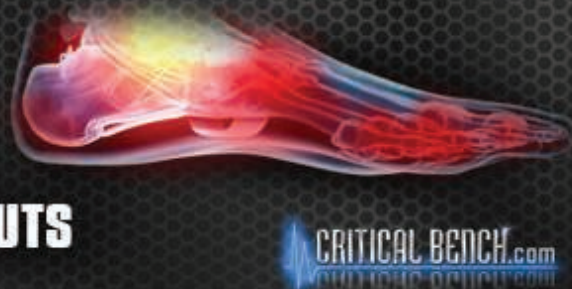
#15 – Soleus
Stretch with Foam
Roller - Single Heel
Drop (1190)



#16 – Calf
Stretch with
Foam Roller -
Single Heel Drop
(1193)



#17 – Knee to Wall
on - Foam Roller
(1196)



Fix My Foot Pain Exercise Table — Stage 2

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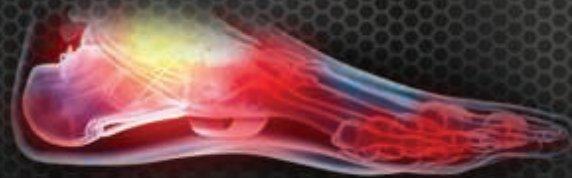
This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass- word	Sets & Reps
#2 - Fascia Self Massage	10	1177	Bottle Fascia Self Massage	https://vimeo.com/61384758	fmfp184	1 set of 10 reps, done 1 to 3 times a day.
#3 - Lower Body Self Massage	11	1180	Foam Roller Calf - Toe Out	https://vimeo.com/61384596	fmfp184	1 set of 1 reps moving up the muscle, stop- ping at sensi- tive areas and moving on when sensitiv- ity decreases a little, done 1 to 3 times a day.
	12	1182	Foam Roller Calf - Toe Out	https://vimeo.com/61384755	fmfp184	1 set of 10 reps, done 1 to 3 times a day.

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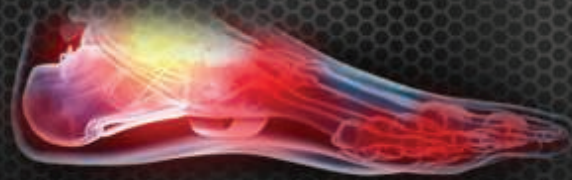


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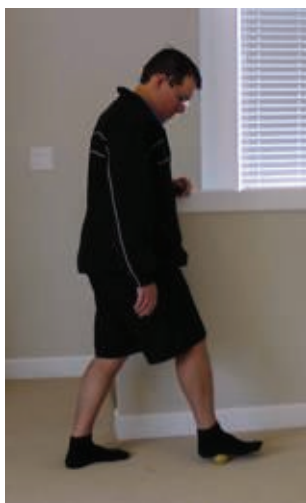


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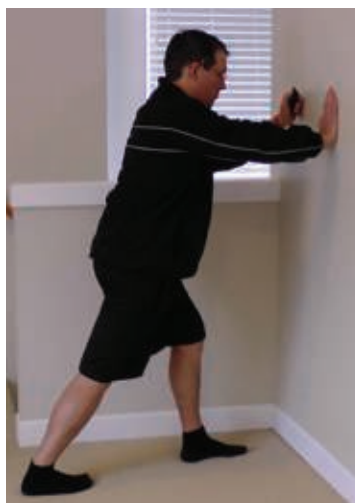
#4 - Lower Body Stretching	13	1184	Soleus Stretch - Toe Straight	https://vimeo.com/61384599	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	14	1187	Calf Stretch - Toe Straight	https://vimeo.com/61384757	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	15	1190	Soleus Stretch with Foam Roller - Single Heel Drop	https://vimeo.com/61384851	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	16	1193	Calf Stretch with Foam Roller - Single Heel Drop	https://vimeo.com/61384852	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
#5 - Ankle Mobility	17	1196	Knee to Wall on - Foam Roller	https://vimeo.com/61384849	fmfp184	1 set of 10 reps, done 1 to 3 times a day.



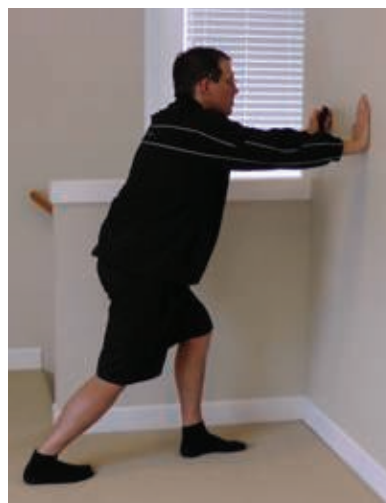
Exercises for Stage 3



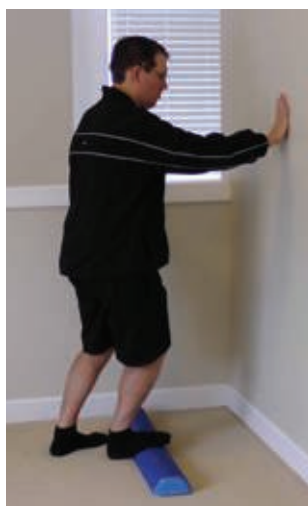
#18 – Ball Fascia
Self Massage
(1178)



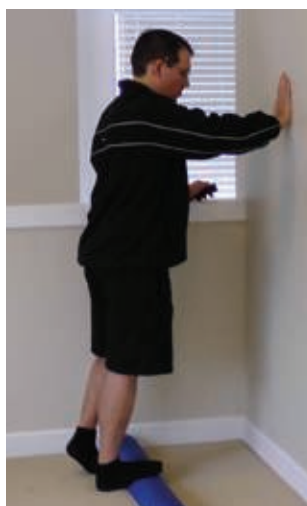
#19 – Calf Stretch - Toe
In (1185)



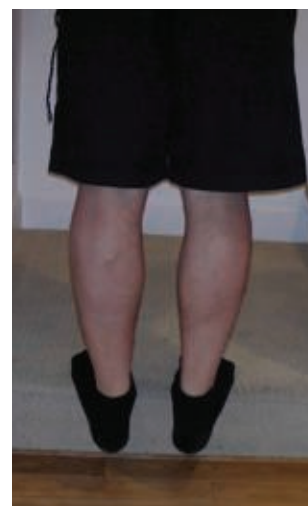
#20 – Soleus Stretch -
Toe In (1188)



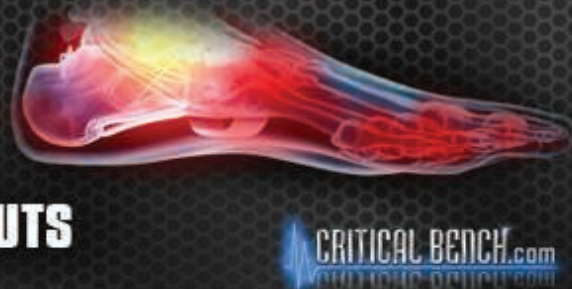
#21 – Soleus
Stretch with Foam
Roller - Off Edge
(1191)



#22 – Calf Stretch
with Foam Roller -
Off Edge (1194)



#23 – Heel off Step
(1197)



Fix My Foot Pain Exercise Table — Stage 3

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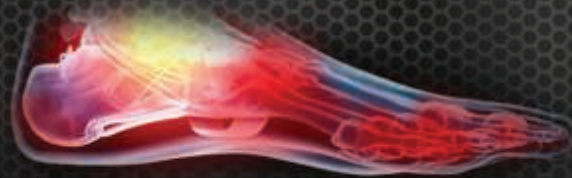
This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass- word	Sets & Reps
#2 - Self Massage of the Neck and Shoul- der with Ball	18	1178	Ball Fascia Self Massage	https://vimeo.com/61384514	fmfp184	1 set of 10 reps, done 1 to 3 times a day.
#4 - Lower Body Stretching	19	1185	Calf Stretch - Toe In	https://vimeo.com/61384908	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	20	1188	Soleus Stretch - Toe In	https://vimeo.com/61384803	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
	21	1191	Soleus Stretch with Foam Roller - Off Edge	https://vimeo.com/61384802	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.

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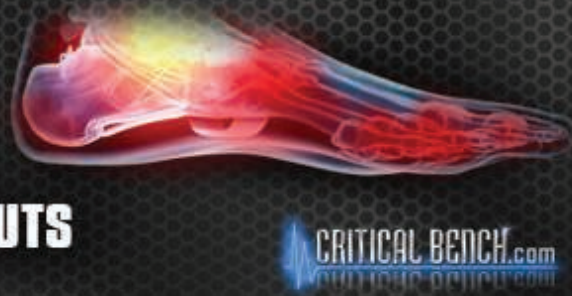


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	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass- word	Sets & Reps
	22	1194	Calf Stretch with Foam Roller - Off Edge	https://vimeo.com/61384907	fmfp184	1 set of 2 reps with each stretch held for 20 seconds, done 1 to 3 times a day.
#5 - Ankle Mobility	23	1197	Heel off Step	https://vimeo.com/61384906	fmfp184	1 set of 10 reps, done 1 to 3 times a day.



Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

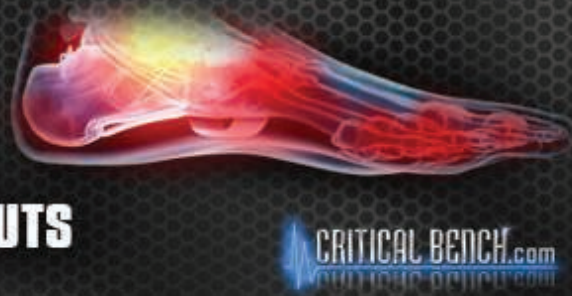
Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

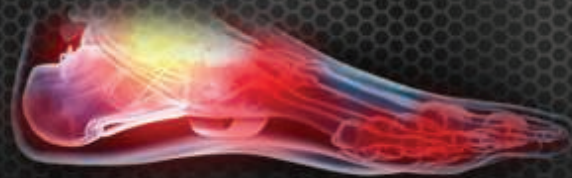
Contraindications & Common Mistakes: Who should be cautious about doing the exercise, or should not be doing it. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.



Equipment Needed

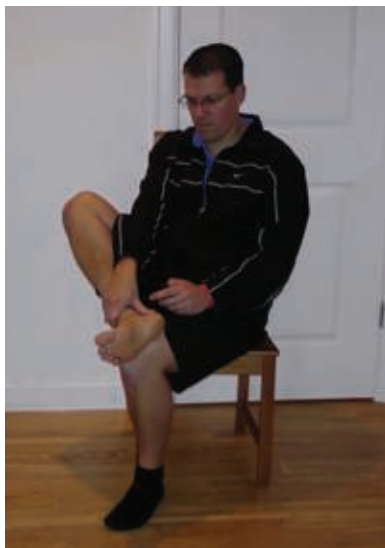
Here is a list of equipment that you will need for the exercises:

- » Chair
- » Full Foam roller
- » Bottle
- » Ball
- » Half Foam roller

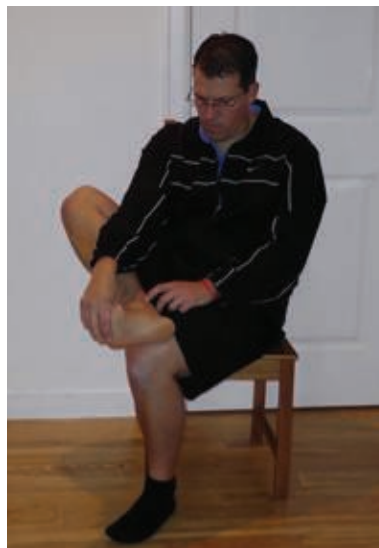


Stage 1

Exercise #1: Fascia Stretch (1175)

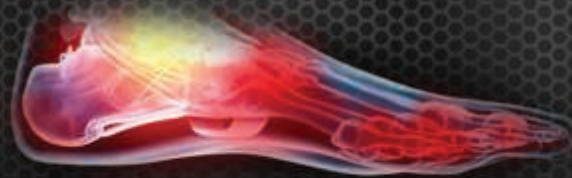


Start



End

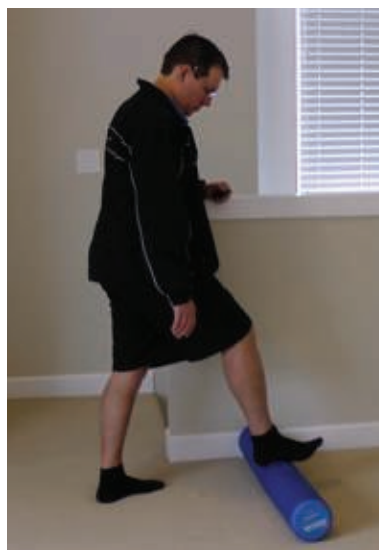
Purpose:	To perform a structure specific stretch for the plantar fascia.
Starting Position:	In a sitting position with the right foot on top of the left knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With the right hand cup the toes and ball of the foot and pull them back until you feel a light stretch in the plantar fascia. 2. Use the left hand to confirm that the fascia in the right foot has been stretched. 3. Perform 1 set of 10 repetitions with each stretch held for 10 seconds on each side, 1 to 3 times a daily.
Progressions:	Just perform on the injured side
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384512 / Password: fmf184	



Exercise #2: Foam Roller Fascia Self Massage (1176)



Start



End

Purpose:	To self massage the fascia at the bottom of the foot.
Starting Position:	Begin in standing with the foam roller at the toes of your foot.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller from your toes to your heel. 2. Stop at the heel for one second and then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets Increase the amount of weight you put into the foam roller Just perform on the injured side Progress to the exercise: Bottle Fascia Self Massage (1177)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384513 / Password: fmfp184	

Exercise #3: Foam Roller Calf - Toe Up (1179)



Start



End

Purpose:	To self massage the calf muscle.
Starting Position:	Begin by sitting on the ground, your foot straight up and a foam roller just above your heel.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your calf in a slow and controlled manner until you feel a sensitive area. 2. When you find that sensitive area, stop in that spot until the spot decreases in sensitivity. 3. Then continue up the calf until you get to just below the back of the knee. 4. Perform 1 set of 1 repetitions moving up the muscle, stopping at sensitive areas and moving on when sensitivity decreases a little, done 1 to 3 times a day.
Progressions:	Progress to 2 to 5 repetitions Progress to the exercise: Foam Roller Calf - Toe Out (1180)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384515 / Password: fmf184	

Exercise #4: Foam Roller Hamstring Toe Up (1181)



Start

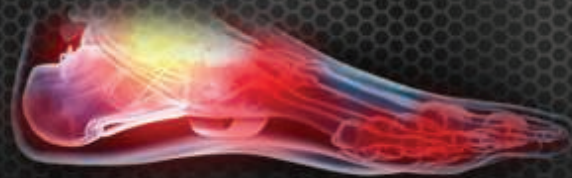


Middle

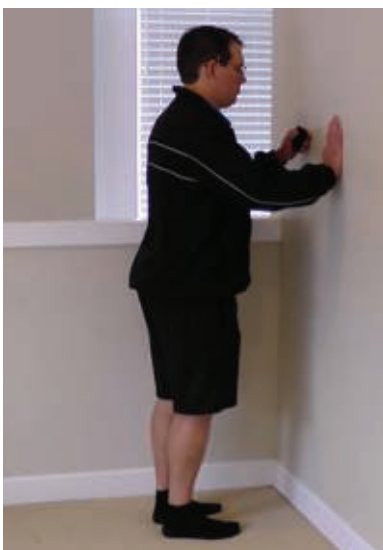


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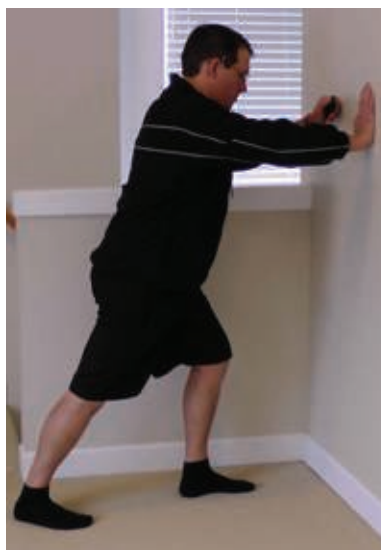
Purpose:	To self massage the hamstring muscle.
Starting Position:	Begin by sitting on the ground, your foot straight up and a foam roller just above your knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your hamstring, in a slow and controlled manner. 2. Continue up the hamstring until you get to sit bones. 3. Hold this position for one second and then return back to the start. 4. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Increase the weight that you put into the foam roller. Progress to the exercise: Foam Roller Hamstring Toe Out (1182)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384597 / Password: fmf184	



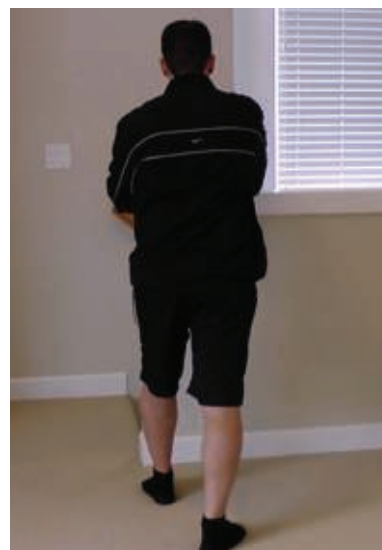
Exercise #5: Calf Stretch – Natural (1183)



Start

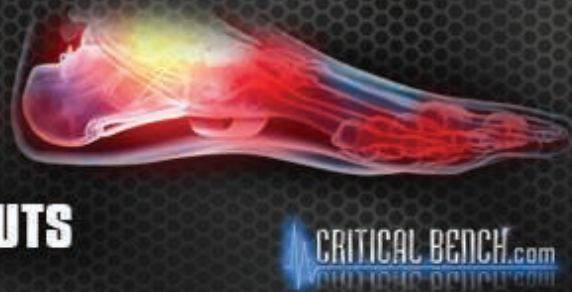


Middle

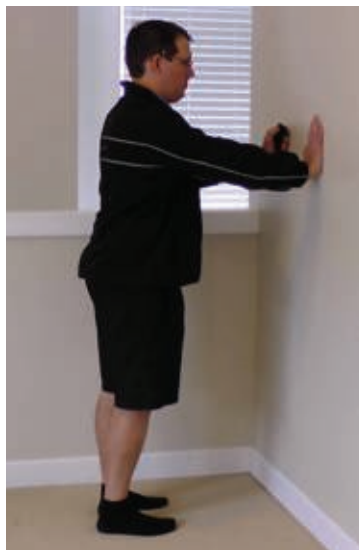


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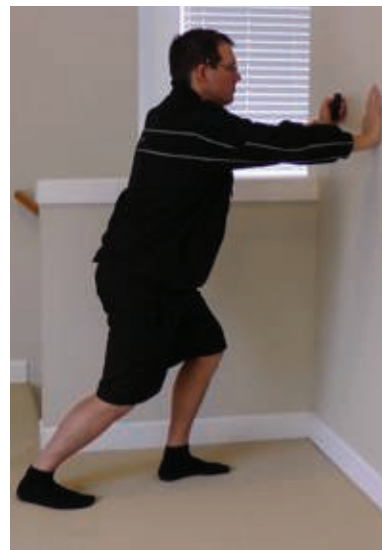
Purpose:	To stretch out the calf.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back until you feel a light stretch in the calf. 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Calf Stretch - Toe Straight (1184)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384598 / Password: fmf184	



Exercise #6: Soleus Stretch – Natural (1186)

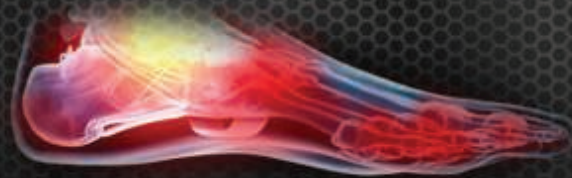


Start



End

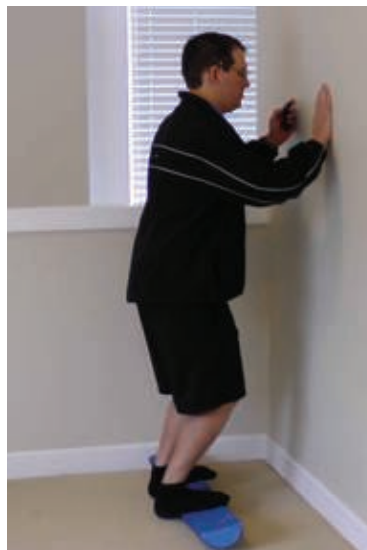
Purpose:	To stretch out the soleus.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back, then partially squat down until you feel a light stretch in the soleus (under the calf). 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Soleus Stretch - Toe Straight (1187)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384756 / Password: fmf184	



Exercise #7: Soleus Stretch with Foam Roller Double Heel Drop (1189)

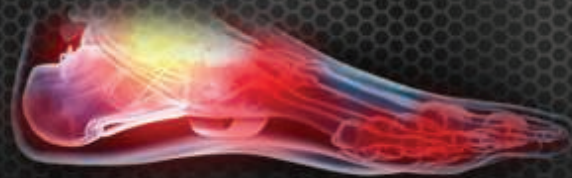


Start

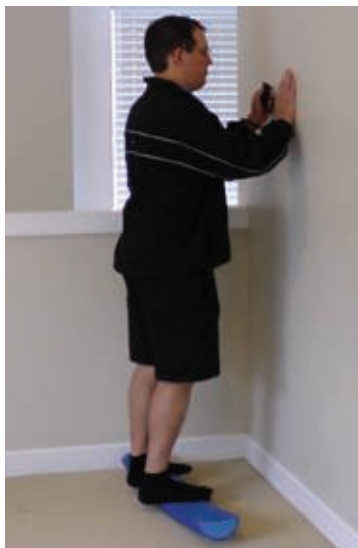


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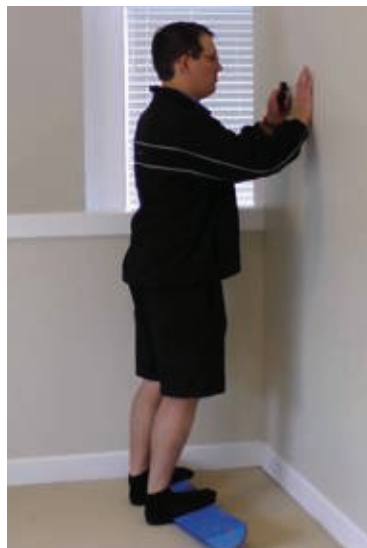
Purpose:	To stretch out the soleus.
Starting Position:	Begin by standing on a half foam roller (flat side up), with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Let your heels roll back to the floor on the foam roller and squat down until you feel a light stretch in the soleus (under the calf). 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Soleus Stretch with Foam Roller - Single Heel Drop (1190)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384804 / Password: fmf184	



Exercise #8: Calf Stretch with Foam Roller Double Heel Drop (1192)

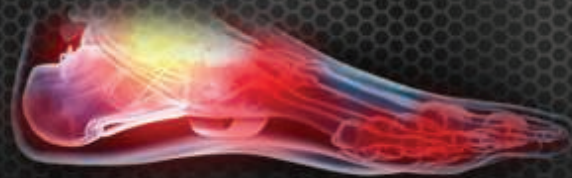


Start

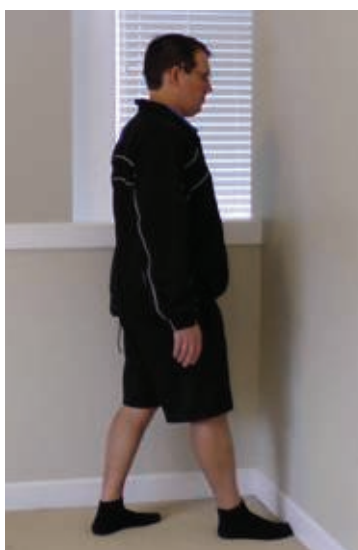


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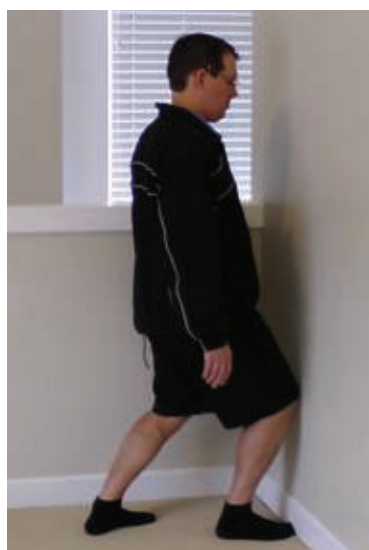
Purpose:	To stretch out the soleus.
Starting Position:	Begin by standing on a half foam roller (flat side up), with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Let your heels roll back to the floor on the foam roller until you feel a light stretch in the calves. 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Calf Stretch with Foam Roller - Single Heel Drop (1193)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384805 / Password: fmf184	



Exercise #9: Knee to Wall (1195)

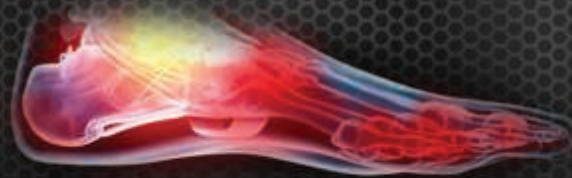


Start



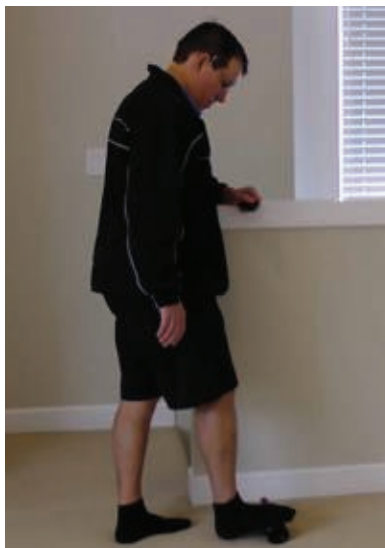
End

Purpose:	To improve the movement in the ankle joint (mobility).
Starting Position:	Begin in standing with the toes of one of your feet against the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the knee of the front foot, towards the wall and almost touch the wall. 2. Then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets Move your foot a little ways from the wall Progress to the exercise: Knee to Wall on - Foam Roller (1196)
Contraindications & Common Mistakes:	<p>I Don't Feel Anything – Make sure you are set up correctly and doing the exercise right. You should feel light resistance in the front of your ankle. If you feel nothing, progress to Knee to Wall on - Foam Roller (1196)</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384850 / Password: fmf184	

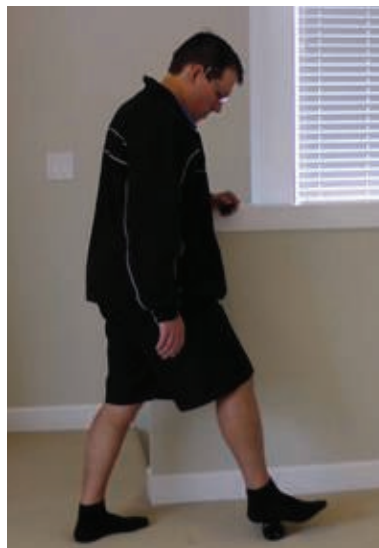


Stage 2

Exercise #10: Bottle Fascia Self Massage (1177)

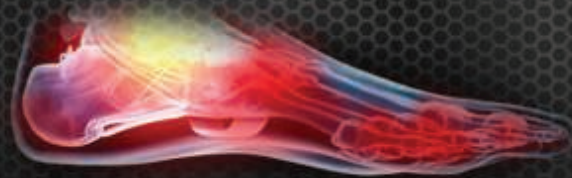


Start



End

Purpose:	To self massage the fascia at the bottom of the foot.
Starting Position:	Begin in standing with a bottle at the toes of your foot.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the bottle from your toes to your heel. 2. Stop at the heel for one second and then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets Increase the amount of weight you put into the bottle Just perform on the injured side Progress to the exercise: Ball Fascia Self Massage (1178)
Contraindications & Common Mistakes:	<p>URGENT – Use a thick glass sided bottle or a plastic soda bottle that has not been opened.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384758 / Password: fmf184	



Exercise #11: Foam Roller Calf - Toe Out (1180)



Start



End

Purpose:	To self massage the outer calf muscle.
Starting Position:	Begin by sitting on the ground, your foot straight up and a foam roller just above your heel.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your calf in a slow and controlled manner until you feel a sensitive area. 2. When you find that sensitive area, stop in that spot until the spot decreases in sensitivity. 3. Then continue up the calf until you get to just below the back of the knee. 4. Perform 1 set of 1 repetitions moving up the muscle, stopping at sensitive areas and moving on when sensitivity decreases a little, done 1 to 3 times a day.
Progressions:	Progress to 2 to 5 repetitions
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384596 / Password: fmf184	

Exercise #12: Foam Roller Hamstring Toe Out (1182)



Start

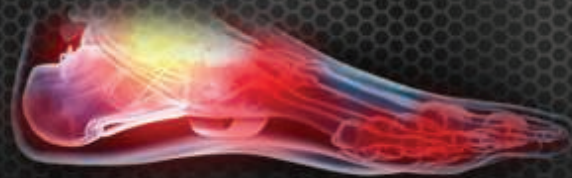


Middle

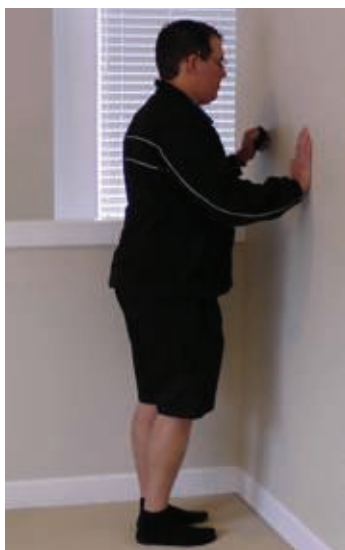


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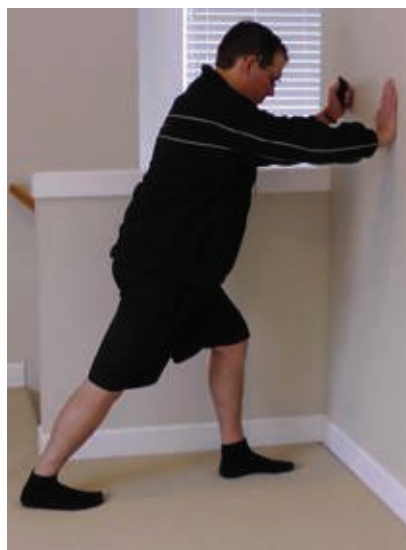
Purpose:	To self massage the outer hamstring muscle.
Starting Position:	Begin by sitting on the ground, your leg rotated out and a foam roller just above your knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Prop yourself up and roll the foam roller up your outer hamstring, in a slow and controlled manner. 2. Continue up the hamstring until you get to sit bones. 3. Hold this position for one second and then return back to the start. 4. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Increase the weight that you put into the foam roller.
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384755 / Password: fmfp184	



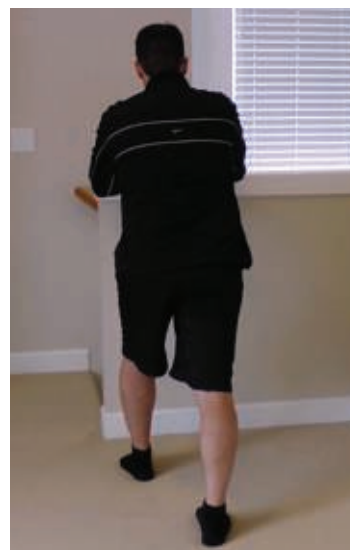
Exercise #13: Calf Stretch - Toe Straight (1184)



Start

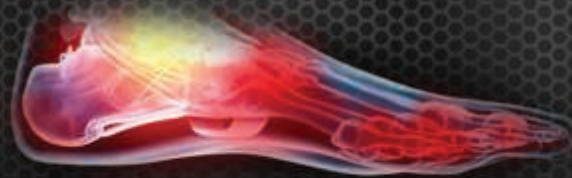


Middle

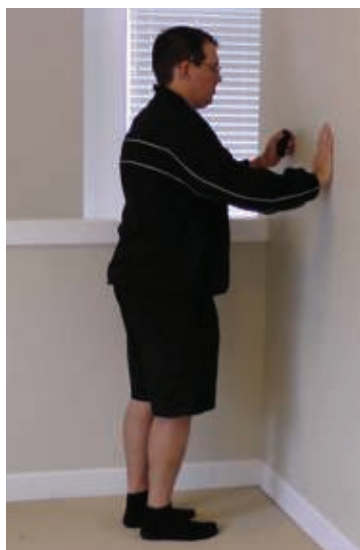


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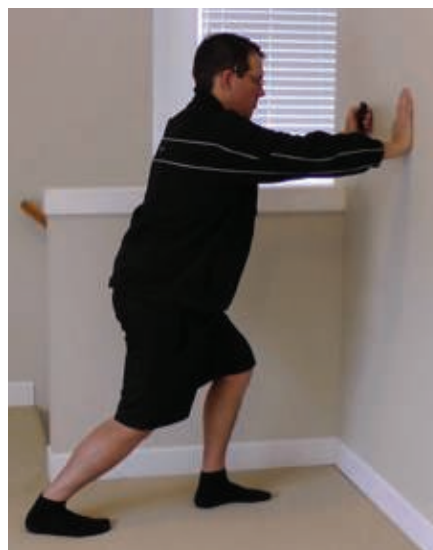
Purpose:	To stretch out the calf.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back and rotate your hip until your foot is pointing straight ahead. 2. Either increase your step back or lean forward until you feel a light stretch in the calf. 3. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Calf Stretch - Toe In (1185)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384599 / Password: fmf184	



Exercise #14: Soleus Stretch - Toe Straight (1187)

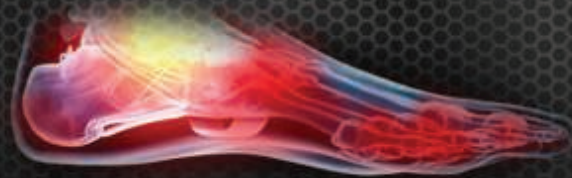


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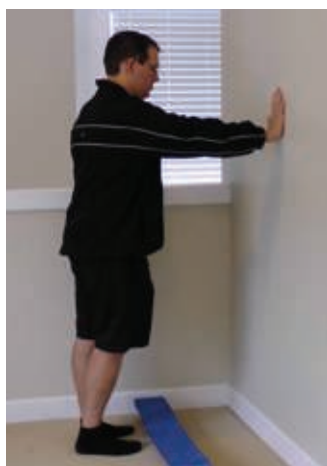


End

Purpose:	To stretch out the soleus.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back, then partially squat down until you feel a light stretch in the soleus (under the calf). 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Soleus Stretch - Toe In (1188)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384757 / Password: fmf184	



Exercise #15: Soleus Stretch with Foam Roller Single Heel Drop (1190)

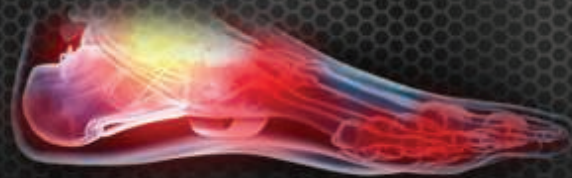


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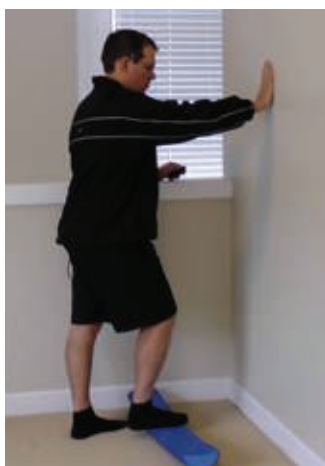


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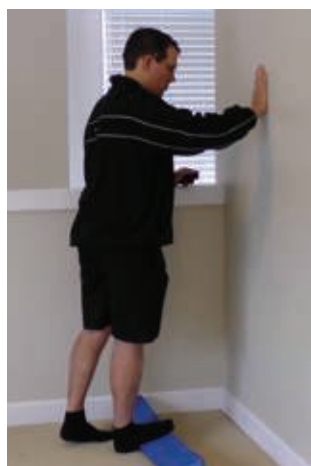
Purpose:	To stretch out the soleus.
Starting Position:	Begin by standing behind a half foam roller (flat side up), with your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With one foot, step onto the foam roller. 2. With the foot on the foam roller, let your heels roll back to the floor on the foam roller and squat down until you feel a light stretch in the soleus (under the calf) of the leg that is on the foam roller. 3. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Soleus Stretch with Foam Roller - Off Edge (1191)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384851 / Password: fmf184	



Exercise #16: Calf Stretch with Foam Roller Single Heel Drop (1193)

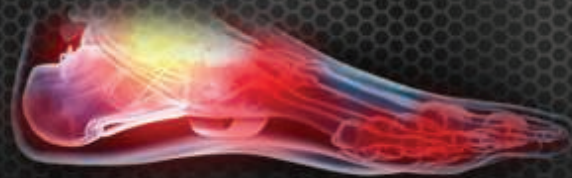


Start

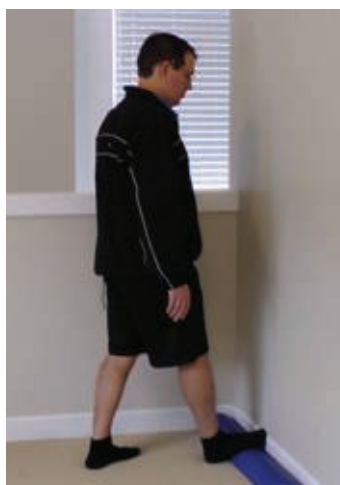


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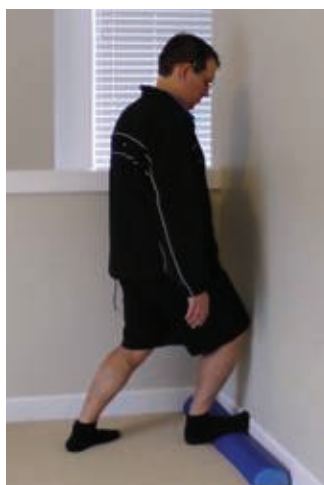
Purpose:	To stretch out the calf.
Starting Position:	Begin by standing behind a half foam roller (flat side up), with the your hands on a wall and one foot on the foam roller.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Straighten the leg that is on the foam roller and let your heel roll back to the floor on the foam roller until you feel a light stretch in the calf of the leg that is on the foam roller. 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds Progress to the exercise: Calf Stretch with Foam Roller - Off Edge (1194)
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384852 / Password: fmf184	



Exercise #17: Knee to Wall on - Foam Roller (1196)

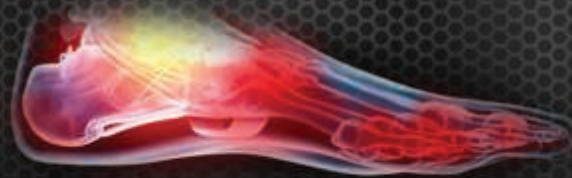


Start



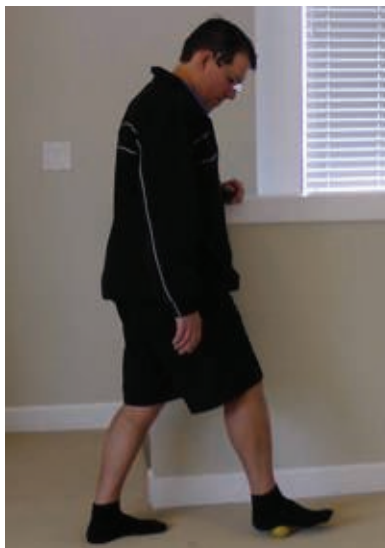
End

Purpose:	To improve the movement in the ankle joint (mobility).
Starting Position:	Begin in standing with the toes of one of your feet against the wall and on a foam roller (flat side down) that is against the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the knee of the front foot, towards the wall and almost touch the wall. 2. Then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets Progress to the exercise: Heel off Step (1197)
Contraindications & Common Mistakes:	<p>I Don't Feel Anything – Make sure you are set up correctly and doing the exercise right. You should feel light resistance in the front of your ankle. If you feel nothing, progress to Heel off Step (1197)</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384849 / Password: fmfp184	

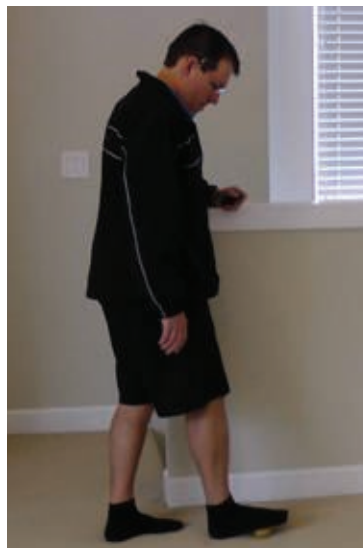


Stage 3

Exercise #18: Ball Fascia Self Massage (1178)

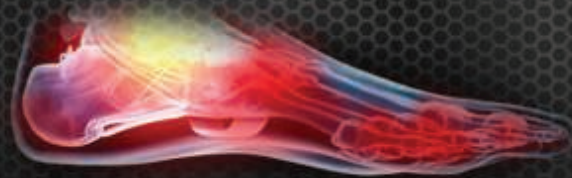


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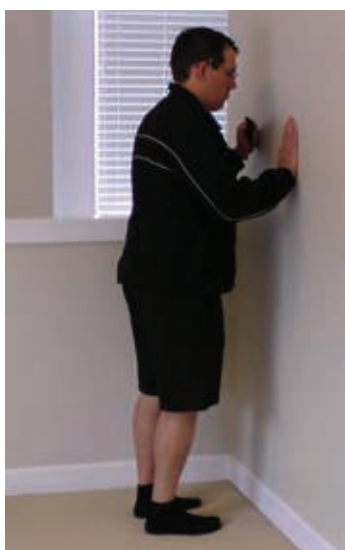


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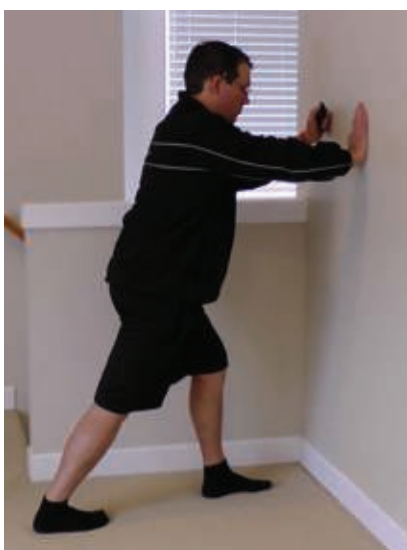
Purpose:	To self massage the fascia at the bottom of the foot.
Starting Position:	Begin in standing with a ball at the toes of your foot.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the ball from your toes to your heel. 2. Stop at the heel for one second and then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets Increase the amount of weight you put into the ball Move to a denser ball (tennis ball to a baseball) Just perform on the injured side
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384514 / Password: fmf184	



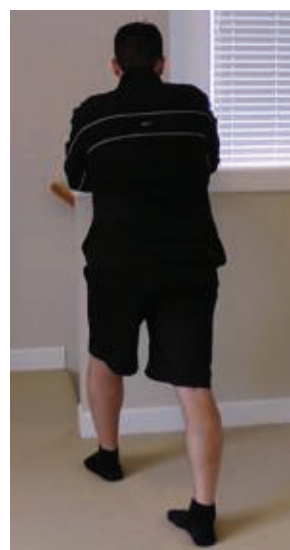
Exercise #19: Calf Stretch - Toe In (1185)



Start

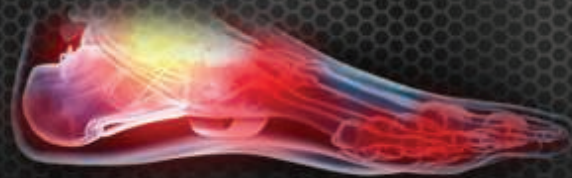


Middle

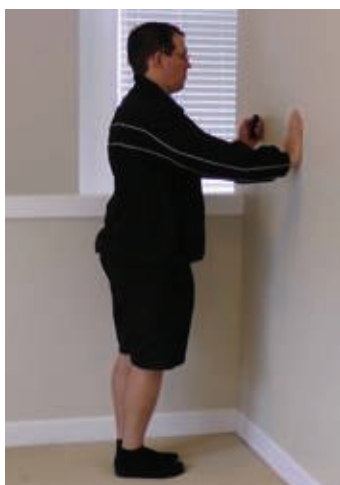


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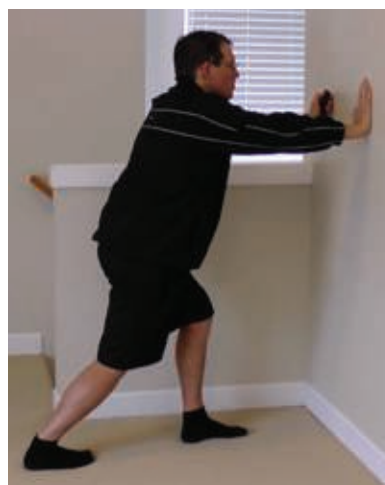
Purpose:	To stretch out the calf.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back and rotate your hip until your foot is pointing straight ahead. 2. Either increase your step back or lean forward until you feel a light stretch in the calf. 3. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384908 / Password: fmfp184	



Exercise #20: Soleus Stretch - Toe In (1188)

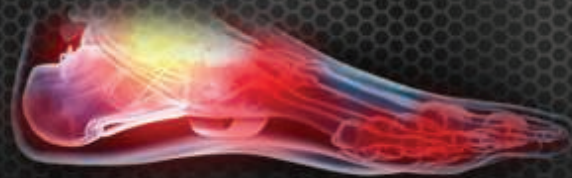


Start

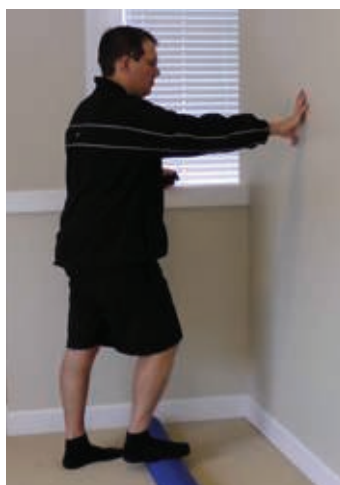


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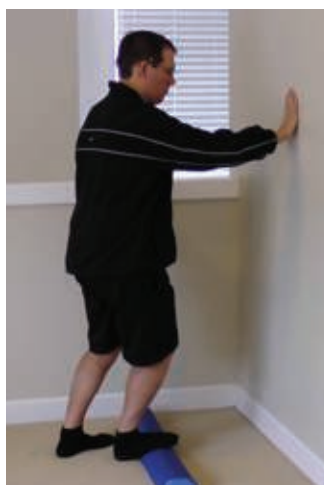
Purpose:	To stretch out the soleus.
Starting Position:	Begin in standing with the your hands on a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a big step back, then partially squat down until you feel a light stretch in the soleus (under the calf). 2. Then rotate at your hip in until your toe is pointing inwards and the stretch ends up focusing more on your outer soleus. 3. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384803 / Password: fmf184	



Exercise #21: Soleus Stretch with Foam Roller - Off Edge (1191)

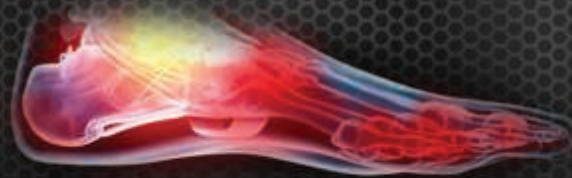


Start

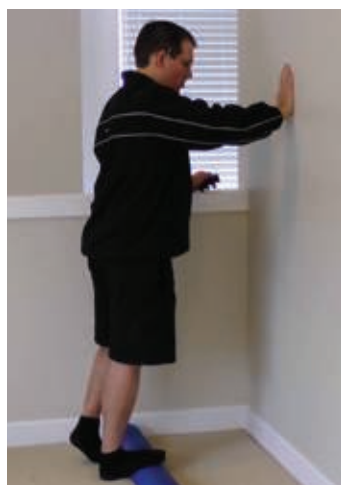


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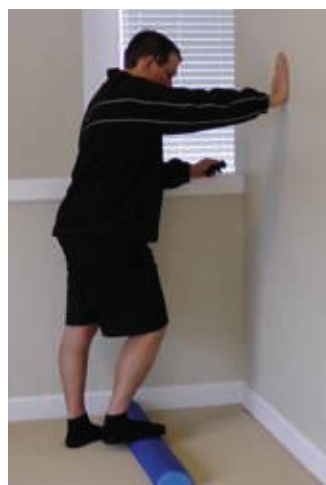
Purpose:	To stretch out the soleus.
Starting Position:	Begin by standing behind a half foam roller (flat side down), with the your hands on a wall and one foot on the foam roller.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Let your heels roll back to the floor on the foam roller and squat down until you feel a light stretch in the soleus (under the calf) of the leg that is on the foam roller. 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384802 / Password: fmf184	



Exercise #22: Calf Stretch with Foam Roller - Off Edge (1194)

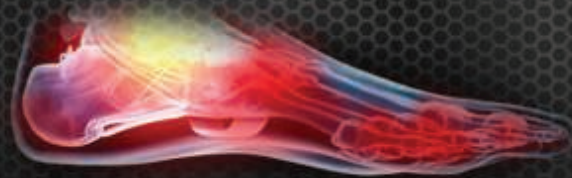


Start



End

Purpose:	To stretch out the calf.
Starting Position:	Begin by standing behind a half foam roller (flat side down), with the your hands on a wall and one foot on the foam roller.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Straighten the leg that is on the foam roller and let your heel roll back to the floor on the foam roller until you feel a light stretch in the calf of the leg that is on the foam roller. 2. Perform 1 set of 2 repetitions with each held for 20 seconds on each side, daily.
Progressions:	Progress to 3 repetitions Increase the hold to 30 seconds
Contraindications & Common Mistakes:	<p>Light Stretch – When it comes to stretching you will get more benefit from a light stretch than a long stretch.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/61384907 / Password: fmf184	



Exercise #23: Heel off Step (1197)

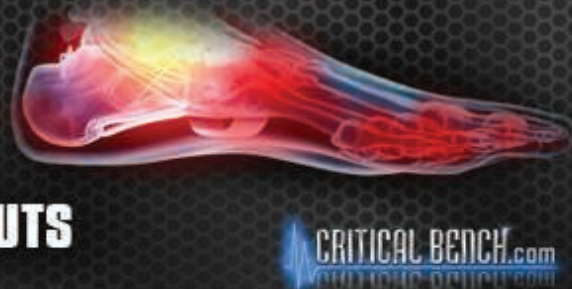


Start



End

Purpose:	To improve the movement in the ankle joint (mobility).
Starting Position:	Begin by standing with the balls of your feet on the edge of a step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lower your heels off the stair until you feel a light stretch in your calf. 2. Then return back to the start. 3. Perform 1 set of 10 repetitions, done 1 to 3 times a day.
Progressions:	Progress to 2 or 3 sets
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/61384906 / Password: fmf184	



FAQ — Frequently Asked Questions

How often can I do these exercises?

You can do them every day until you get the results you are looking for then you can move to doing them 3 times a week.

Where are the passwords to the videos?

Passwords for the videos are in the Column Next to the URL.

The password for the videos did not work?

The passwords are case sensitive (upper and lower case letters count) so make sure to type it in as it looks or copy and paste it. Plus this video explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 48 hours (2 business days). In your email make sure to include a copy of your receipt or order number.

Where are my download details for the product?

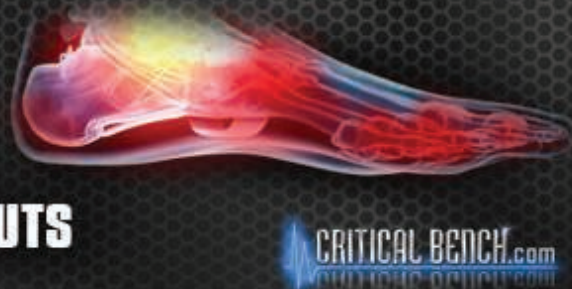
All download details have been emailed to the email address you ordered with. It will usually be there within 15 minutes. Sometimes it can take up to an hour.

Where is your email with the download details?

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

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Make sure to add news@ExercisesForInjuries.com to your email program
Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?

What will appear on your credit card is a payment either "Healing Thro" or "Clickbank"

Will I get anything in the mail?

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

Do you recommend any supplements for joint pain?

Yes, in fact at the link below you'll find the safest natural ingredients that can greatly help with joint pain.

Mike Westerdal and I were both personally consulted in the formulation of this product and use it ourselves.

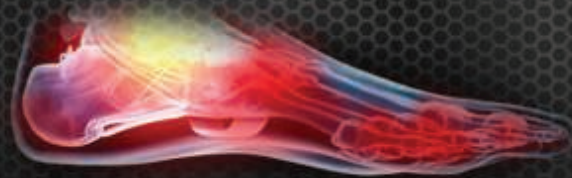
It's called Joint Regen and you can learn more about it here:
<http://www.criticalbench.com/goto/JointRegen>

Since you're a valued Fix My Knee Pain customer you're entitled to use to the



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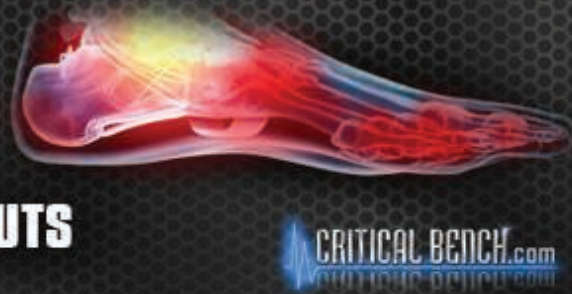
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following coupon code to save 15% that we had set up for our clients.

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It will work for your entire order even if you buy other supplements and there's no expiration date. Just do us a favor and don't share it. We want to keep this code active and if too many people start using it they may limit its use.



About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj is an injury specialist. He has worked in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities become pain-free.

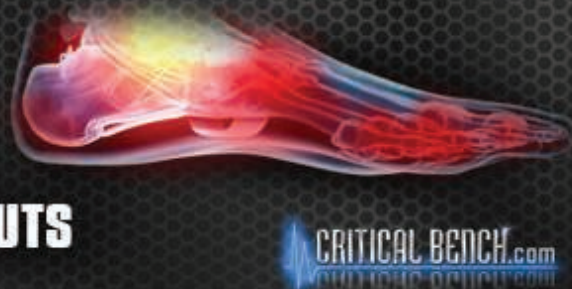
Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 315 presentations to over 6000 fitness and health professionals across Canada and the USA.

These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

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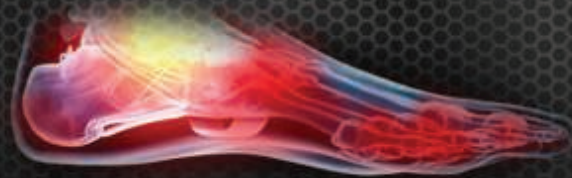
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Rick strives to balance his work life with his personal fitness endeavors and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation guides and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>



Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

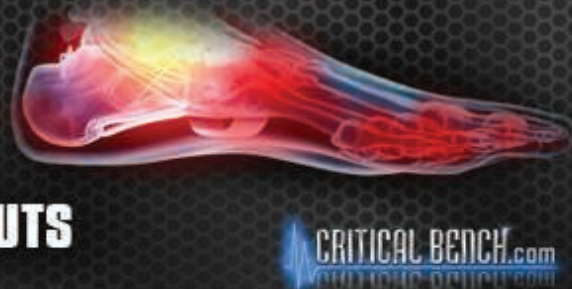


Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)

As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your clients' ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

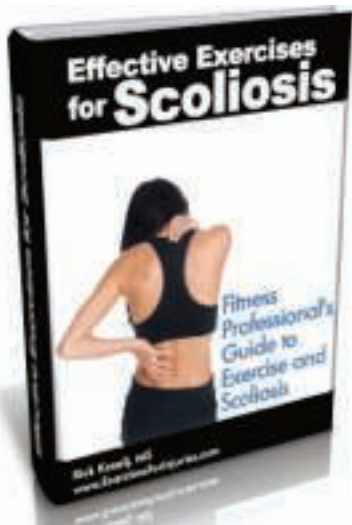
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

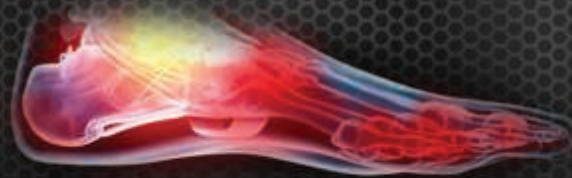


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

Fitness Professional's Guide to Exercise and Scoliosis

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



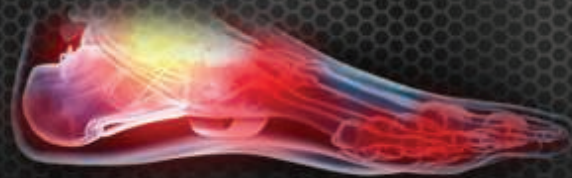
Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

For more details visit - <http://SacroiliacPainSolution.com/>

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Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exercisesforinjuries.com/lumbar_fusion_exercises/



Fix My Shoulder Pain

Get Back To Pain Free Workouts

Fix My Shoulder Pain was created by Injury Specialist Rick Kaselj, MS. Utilizing his trademarked SR3 Method which is short for “Shoulder Reshaping 3-Part Method“, Rick is literally making headlines world wide. Rather than just stretching and strengthening which only provides temporary relief Rick’s Method actually reconstructs the shoulder joint from the outside and inside.



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Fix My shoulder Pain and the SR3 Method is the first shoulder injury system ever created to help you get back to pain free workouts by focusing on alignment, tissue quality and activation & endurance. The best part; this program has been specifically designed to help serious fitness enthusiasts who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

[Get Back To Pain Free Workouts By Fixing Your Shoulders Without Appointments, Medications or Surgery](#)