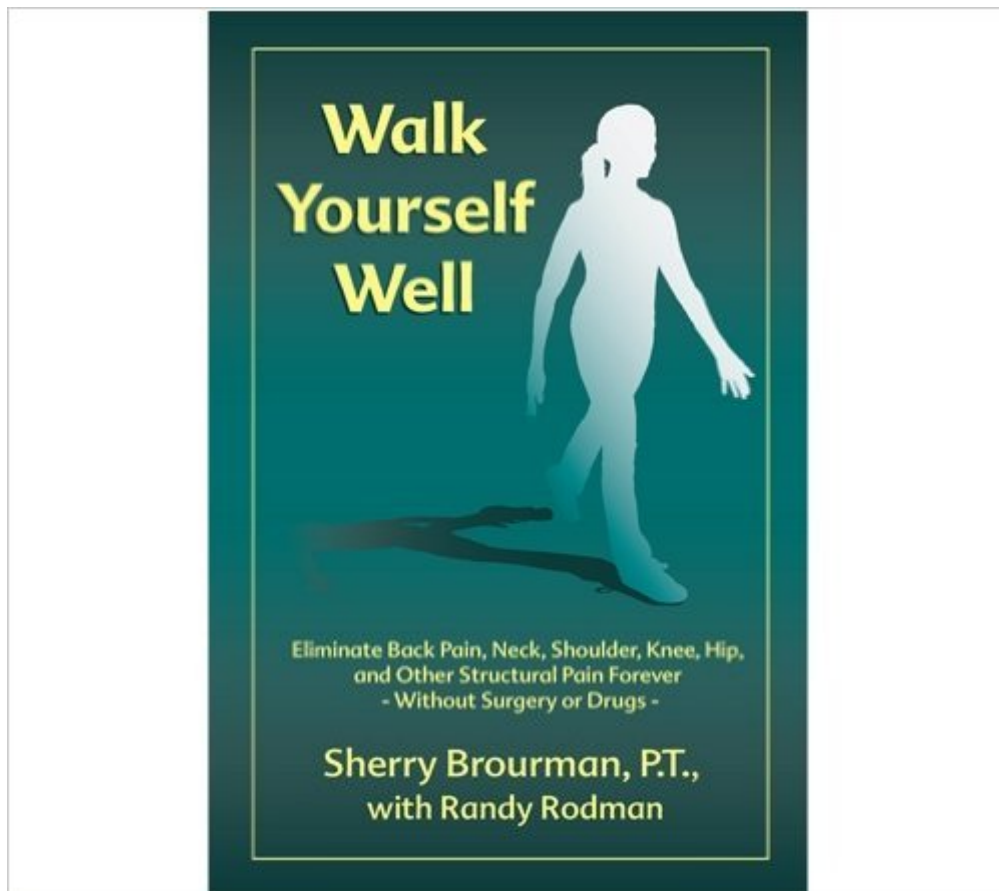


The book was found

# Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip And Other Structural Pain Forever-Without Surgery Or Drugs



## Synopsis

Learn the best way to walk. Sherry Brouman P.T., teaches her straightforward and innovative method for balancing the body and eliminating pain. With a comprehensive, easy to understand self-evaluation, and illustrated stretching, strengthening and walking exercises, you can learn how to eliminate neck pain, back pain, hip pain, leg pain, knee pain and all types of structural pain, naturally, without surgery or drugs.

## Book Information

Paperback: 312 pages

Publisher: Sherry Brouman (October 26, 2007)

Language: English

ISBN-10: 0974779113

ISBN-13: 978-0974779119

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (40 customer reviews)

Best Sellers Rank: #399,280 in Books (See Top 100 in Books) #23 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #129 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #135 inÂ Books > Medical Books > Medicine > Internal Medicine > Rheumatology

## Customer Reviews

I have spent the last five years in agony with a bad ankle. For some strange reason that I didn't understand at that time,(and neither did the two surgeons, one rhematologist, two podiatrists, four physical therapists and countless er docs with whom I consulted over the last thirty years), as I was doing my regular areobic work, I totally ruptured the peroneal longus tendon in my right foot. Two surgeries later I was left with a chronically swollen ankle. I had lost the tendon and the peroneal nerve. I had total ankle reconstruction and had my heel bone moved over so my ankle would be more stable. It wasn't.Fast forward three years. The pain had increased and moved up into my back and hips. It was horrible. I couldn't sleep. My foot doc said, you will have to learn to live with it. I had an MRI. I had bulging discs in L1-2, 2-3 and 3-4. The 2-3 was pressing on the spinal cord. I was losing feeling and strength in my hips and legs despite doing all the weight lifting and cardio I could handle, about 90 minutes a day x 6 days a week.I researched why this would happen. I had a gradual onset of the back issue and couldn't remember a specific incidence of over doing or strain.

The title of this book popped up in reply to an internet search I did on the L2-3 disk bulge, so I ordered it. I had gone to see an osteopath for help with the back issue and was in physical therapy for it. My pt noticed that during exercises my ankle bowed out. She said, "That's the problem." I went home to find this book had come. I read it in two days and immediately began to do the work recommended. I took the book to the osteopath who agreed with the pt. That was about two weeks ago. I am now totally pain free for the first time in five years, and without pain meds.

[Download to continue reading...](#)

Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Relief from Head, Neck and Shoulder Pain Use Your Mind to Heal Your Body: How I used Dr. Sarno's medically proven treatment plan to eliminate my back pain forever Total Knee Replacement and Rehabilitation: The Knee Owner's Manual Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs

[Dmca](#)