

Treat Your Own Knee Arthritis



Jim Johnson, PT



Treat Your Own Knee Arthritis Author Pt Jim Johnson
Published On December 201

Jim Johnson



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Treat Your Own Knees Jim Johnson,2003 Jim Johnson has researched hundreds of scientific journal articles to find and test the simplest most effective do it yourself treatments for knee pain In this compact and accessible book he shows readers exactly how to improve and maintain the functioning of their knees by enhancing the four crucial abilities every knee must have muscular strength flexibility responsiveness proprioception endurance A chapter is devoted to each of these four functions showing why they are essential The reader is shown exactly how to do simple home exercises designed to restore or improve that particular ability The last chapter is a master plan that pulls together all the concepts and exercises into a time efficient exercise program The author guides the reader effortlessly through the exercise routine Clear drawings illustrate the muscles responsible for knee pain and the exact way to do the exercises All the information is based on research trials and studies and evidence from peer reviewed journals The author has chosen for this book the best techniques for relieving knee pain

Treat Your Own Knees Jim Johnson,2003-11-11 **Treat Your Own Knee Arthritis** Jim Johnson (Physical therapist),Pt Johnson,2010-12 If you re looking down at your arthritic knee and seeing only a worn out joint with eroding cartilage you re thinking about your knee the wrong way There are two problems with this line of thinking First of all the structural changes that commonly take place in arthritis things such as cartilage loss meniscus tears and bone spurs can all be found in people with no knee pain Consider the study that looked at 319 subjects between the ages of 25 and 74 with knee arthritis on x ray and found that only 47% had knee pain Put another way 53% of these people were walking around with knee arthritis and no pain Yet another study looked at 49 subjects over the age of 45 with no knee pain or arthritis and found that 76% of them had meniscus tears The second problem with focusing on the structural changes in knee arthritis is trying to figure out what s causing your pain Most of the numerous structures in your knee have nerve pain fibers going to them so good luck trying to pinpoint which one s are the exact source of your pain In fact about the only knee structure we can safely rule out is the articular cartilage that can be seen wearing out on x rays Knee cartilage itself actually has no pain fibers going to it and therefore cannot produce any pain So what now **Treat Your Own Knee Arthritis** takes a new approach to an old problem Instead of worrying about structural problems that studies show people can live just fine with you will learn how to fix the functional problems found in knees with arthritis And as the research shows again and again if you improve functions such as the strength and proprioception of your knee the pain goes away Based entirely on randomized controlled trials **Treat Your Own Knee Arthritis** is a simple yet effective program that can be done in the privacy of your home with minimal cost or equipment Exercise sheets are also provided to help guide you step by step through a six week program

Treat Your Own Iliotibial Band Syndrome Pt Jim Johnson,2013-02 The offers a simple and quick program to help recovery from knee pain cased by iliotibial band

Treat Your Own Knee Arthritis Jim Johnson Pt,2015-06-19 If you re looking down at your arthritic knee and seeing only a worn out joint with eroding cartilage you re

thinking about your knee the wrong way There are two problems with this line of thinking First of all the structural changes that commonly take place in arthritis things such as cartilage loss meniscus tears and bone spurs can all be found in people with no knee pain Consider the study that looked at 319 subjects between the ages of 25 and 74 with knee arthritis on x ray and found that only 47% had knee pain Put another way 53% of these people were walking around with knee arthritis and no pain Yet another study looked at 49 subjects over the age of 45 with no knee pain or arthritis and found that 76% of them had meniscus tears The second problem with focusing on the structural changes in knee arthritis is trying to figure out what s causing your pain Most of the numerous structures in your knee have nerve pain fibers going to them so good luck trying to pinpoint which one s are the exact source of your pain In fact about the only knee structure we can safely rule out is the articular cartilage that can be seen wearing out on x rays Knee cartilage itself actually has no pain fibers going to it and therefore cannot produce any pain So what now Treat Your Own Knee Arthritis takes a new approach to an old problem Instead of worrying about structural problems that studies show people can live just fine with you will learn how to fix the functional problems found in knees with arthritis And as the research shows again and again if you improve functions such as the strength and proprioception of your knee the pain goes away Based entirely on randomized controlled trials Treat Your Own Knee Arthritis is a simple yet effective program that can be done in the privacy of your home with minimal cost or equipment Exercise sheets are also provided to help guide you step by step through a six week program

Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury Jim Johnson, 2016-01-07 A bulletproof knee is a knee that is pain free and resistant to injury and you can have one too Bulletproof Your Knee will show you how In less than 100 pages readers will learn about the Bulletproof Knee Program a series of simple and powerful exercises you do at home or in the gym that take just a few minutes a day to do yet create powerful changes in your knee tissues making it bulletproof to pain and injury Recommended for those with chronic knee pain athletes or anyone who simply wants to get rid of or avoid knee problems Jim Johnson P T is a physical therapist who has spent over 25 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 Bulletproof Your Shoulder Treat Your Own Carpal Tunnel Syndrome Treat Your Own Hand and Thumb Osteoarthritis and Treat Your Own Achilles Tendinitis 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

Treat Your Own Knee Arthritis Jim Johnson, 2020-09-30 Product Description

Treat Your Own Knees Jim Johnson, 2005-07-04 Plan your way to healthier stronger knees at home without special equipment Treat Your Own Knees offers an effective and complete do it yourself program for anyone who suffers from knee pain athletes sports enthusiasts elderly overweight people those who have arthritis or damaged knee joints or just regular

people The simple exercises described in this book are clearly illustrated and guidelines are included for massages relaxation techniques and heat therapy for managing pain This book also comes with handy charts that will help you progress as you try to enhance knee mobility Born out of the author s physical therapy practice and research Treat Your Own Knees is the ultimate guide to improving and maintaining Muscular strength Flexibility Responsiveness Endurance If you have ever felt your knees hurt while stretching rising from a chair running exercising or even walking this is the book for you Jim Johnson is a physical therapist at Emory University Hospital recently ranked among the nation s best hospitals by U S News and World Report He is a clinical instructor who has specialized in treating musculoskeletal problems *Treat Your Own Hand and Thumb Osteoarthritis* Pt Jim Johnson,2012 Drawing from the latest research Treat Your Own Hand and Thumb Osteoarthritis is a friendly manual that offers a simple yet effective program for those who suffer from hand and thumb osteoarthritis Illustrated with over 100 step by step photographs readers will find easy to follow exercises that are designed to make their hands less stiff much stronger more coordinated and less painful Perhaps best of all the exercises can be done in the privacy of one s home with little cost or equipment and they take just a few minutes each day to do 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 Treat Your Own Achilles Tendinitis 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

Summary of Jim Johnson's Treat Your Own Knees Everest Media,2022-05-07T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The underlying principles upon which this book is based are that most knee pain is the result of dysfunction and that the best treatment is based on restoring the function of the knee 2 The knee is made up of many different muscles that surround the joint The knee must have good muscular strength to be able to perform the tasks it is being called upon to do 3 The knee is a simple joint that allows movement in several directions The knee joint requires flexibility to allow movement and sensory nerves that travel from the knee back to the brain to report sensations 4 The fourth ability your knee must have is endurance Endurance is the ability of your knee to do its job not just once or twice but over and over and over again This is the case with activities such as walking running and stair climbing **Bulletproof Your Knee** Pt Jim Johnson,2021-07-14 kneel squat climb stairs and run with no pain get rid of knee stiffness increase knee proprioception make your knee flexible keep your knee from getting hurt or injured make your knee joint more stable prevent the progression of knee arthritis get rid of patellofemoral pain Created by a board certified physical therapist the Bulletproof

Knee program is the only set of specific targeted exercises your knee will ever need to get out of pain and stay healthy 4 5 stars after 110 verified ratings yes it really works **Treat Your Knees** Jim Johnson (Physical therapist),2006 Knee problems are surprisingly common affecting around 20 per cent of the population in both the UK and the USA and rising to 30 per cent in people over 60 This is a practical easy to use book of exercises to strengthen knees and prevent pain and problems It uses simple effective do it yourself treatments for knee pain

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