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Description of the book "Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need it": Put an end to knee pain! An esteemed orthopedic surgeon and a water-therapy expert team up to tell you the essentials about your knees, get them back into shape, and prevent future pain and injury.

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Swelling and stiffness are also accompanied by pain. It is present especially when putting pressure on the knees or when moving them. You might be unable to bend your knee because of so many pain. Your knee may look like it is locked and cannot be moved.

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Heal Your Knees How To Prevent Knee Surgery And What To Do

The jury is in: "Bad knees" aren't sidelining your workout; your hips may be the guilty party. According to a review of 28 years' worth of research on common exercise injuries, hip strength is the biggest predictor of knee pain. So grab a resistance band and do these moves daily, working up to 3sets of 10 reps on each side.

3 Exercises to Cure Your Knee Pain | ACTIVE

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