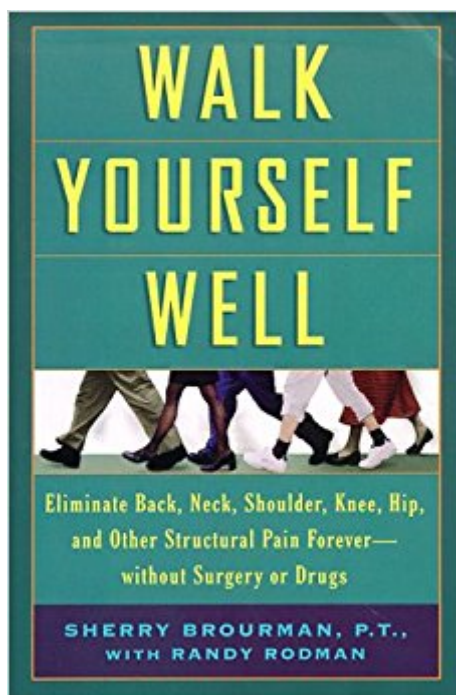




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# Walk Yourself Well: Eliminate Back, Neck, Shoulder, Knee, Hip, And Other Structural Pain Forever - Without Surgery Or Drugs



## Synopsis

In "Walk Yourself Well", registered physical therapist Sherry Brouman teaches readers how to permanently free themselves from structural pain by targeting its cause. Learning to walk correctly by using the body's natural motions is the key to restoring proper alignment and allowing the body to heal and remove pain by itself.

## Book Information

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## Customer Reviews

Given the exotic nature of so many bodywork practices, readers will be surprised to learn that they can improve their health and well-being with something as simple as walking. But that's just what Los Angeles physical therapist Brouman asserts here. Walking isn't just a great physical and meditative exercise, she points out, it's the physical activity we do most often. And just as imbalance, poor posture and untuned muscles can lead to painful injuries, correcting the way you walk and strengthening and stretching your muscles can speed your recovery or prevent you from getting hurt in the first place. Because Brouman doesn't have the luxury of seeing every reader personally, a great deal of the book is devoted to diagnosing and solving individual gait problems--something that can be done, she says, because the standards of human symmetry are the same for everyone. "The truth is that height, weight, proportions, age, sex, and all other human features and options don't change the basic elements of a symmetrical walk," she writes. The instructions are reasonably easy to follow (although some readers may be disconcerted by a common experience--when you start thinking about how you should be doing something you do

every day, you start to "forget" how you did it in the first place). Those who are suffering from pain in such places as the back and the knees may be most motivated to follow Brouman's instructions, but she makes it clear that just about everyone can benefit from a good walk.

Anyone who has ever had a leg injury and subsequent pain in the other leg from an altered gait will agree with Brouman's assertion that incorrect movement while walking can lead to physical pain. As a registered physical therapist, Brouman has helped patients avoid surgery through exercises to improve muscle strength, posture, and movement. She explains how unbalanced walking leads to pain and what correct movement can achieve for a person who has experienced an orthopedic injury. She offers self-evaluation tests, gait correction methods, and strengthening and stretching exercises and uses case studies of her own patients as examples. Although there is some useful information here, physical therapists will justifiably advise that people with existing problems be under the supervision of a registered therapist; Brouman's instructions for the exercises are not easy to follow, and it could be dangerous for a patient to do a self-correction without guidance. Not a necessary purchase. Janet M. Schneider, James A. Haley Veterans' Hosp., Tampa, Fla. Copyright 1998 Reed Business Information, Inc.

The author has trained many PT's (Physical Therapists) in gait therapy and is well known in the industry. The book takes you thru the anatomy of alignment as an upright human form and then walks you thru a self diagnosis process to ascertain your personal alignment. She uses personal accounts of past client issues to paint how pain occurs thru long term habit patterns and trauma and then clearly shows you how to self correct them. I immediately was able to use her suggestions and benefited at once. This is a self help book, but as a yoga instructor for special needs clients I was also able to immediately incorporate her lessons into my own professional classes with great results.

Great book that changed my life for the better. Rereading for the 3rd time. I feel way different after following the books advice for under a month. The author is a genius and I look forward to her next book

A well written book by a professional physical therapist. The author has a lot of experience. With detail diagrams of body muscles and exercises. The readers can follow the author's suggestions and work with their own therapists. Follow up the exercises routines with persistence. Their recovery

back to good health will be much easier and faster. i will read this book over and over again to obtain the best values of it for my own well being.

By following the principles in this book, I'm quite sure I have minimized the pain and discomfort of two leg injuries within a year, both requiring a cast - broken ankle requiring surgery and hairline knee fracture, as well as an arthritic hip, all on the same leg. Although I found the technical explanations tough going, I believe I distilled the essence of the instruction into a brand new, better way to walk. I walk my dog twice a day so I slowly incorporated one aspect at a time into changing my walk. There is no doubt that my leg muscles are stronger as a result of my redesigned walk. The book leaves no stone unturned with respect to its topic, so I am quite thankful that I discovered this A to Z instructional reference book.

After beginning to read this as a library book, I found I needed my own copy so that I might follow this program closely. The author has a chatty style, making the book very readable, and she gives many excellent examples of the problems she has helped people address.

Still reading and looking forward to learning how to walk correctly so all my muscles get a good workout with pain.

If you want to understand what is going on in your body, and why things hurt, look at the way you walk/stand. This book is great for evaluating yourself, and clients.

A do it yourself to help what ails you without a doctor. It is a little complicated so you must take note and keep referring back to the exercises. Excellent.

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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  
Back Stretching: Back Strengthening And

Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Tight Hip Flexors: The 7 Minute Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) 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 Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain 50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. How to Permanently Stop Your Knee Pain, Even if you've Tried Everything Else!: Get Instant Knee Pain Relief with These Simple Tips Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury The Knee Crisis Handbook: A Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering

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