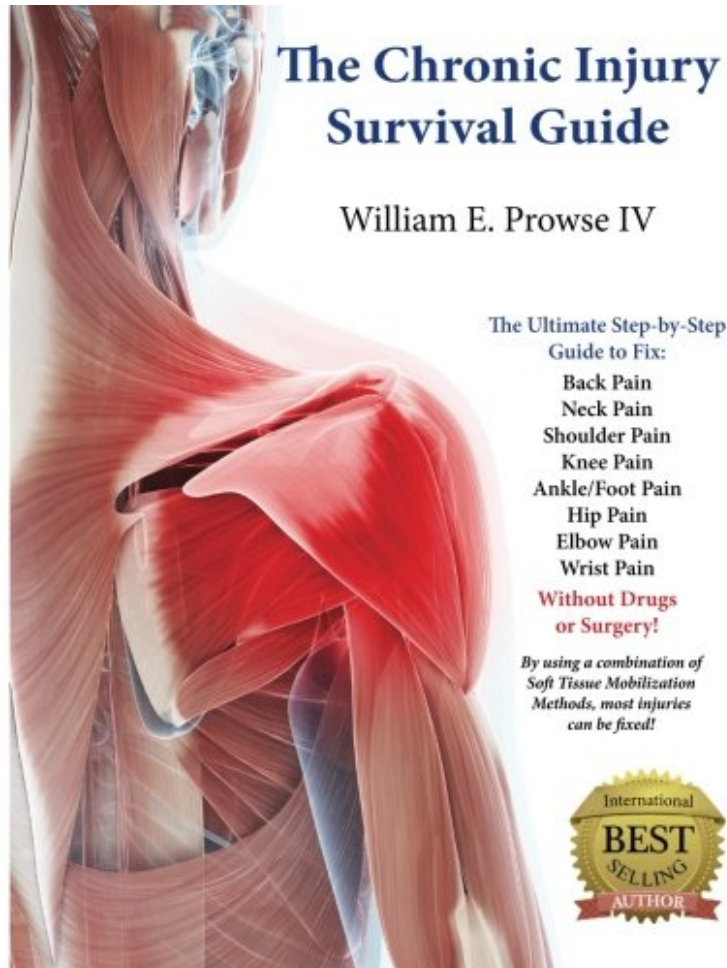


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The Chronic Injury Survival Guide: The Effective Program to Fix Chronic Injuries!

William Errol Prowse IV

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William Errol Prowse IV : The Chronic Injury Survival Guide: The Effective Program to Fix Chronic Injuries!
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1 of 1 people found the following review helpful. ... used William's other book on Plantar Fasciitis and had great results so I had to check out his new ...By KenI've used William's other book on Plantar Fasciitis and had great results so I had to check out his new book. It really is a tour de force on how to use soft tissue mobilization techniques to "fix" any part of your body. In my case, it really is a continuum from the bottom of my feet up into my back and neck (which also have issues). With this book I've been able to progress up my legs and back using the extensive diagrams

and pictures to treat those parts as well. And you can really feel the relief! I started using it to work on my sore lower back mostly, but after getting relief I use it in a maintenance kind of mode now. It's really a great education and is a valuable reference guide to have around the house! Highly recommend it! 0 of 0 people found the following review helpful. I like how he uses a combination of different therapies for ...By Sheena Miraftabi The author is very well informed and provides insight from his own personal experience. I like how he uses a combination of different therapies for treatment, and provides you with the necessary order to complete them. . He has a very matter of fact way of saying things which is great when you want to get straight to the point. My only criticism is that some of his suggestions in terms of lifestyle choices, such as nutritional and eating styles, were based too heavily in just opinion without enough research to back up the claims. 0 of 0 people found the following review helpful. so far so good. I'm happy with the book very well written By Lori I shared this with my friend who was having pain in wrists, so far so good. I'm happy with the book very well written. Lots of pictures, my kids say talk slow and draw pictures it will become clear, well this book is great for that. And this young man is on Youtube also so that's really great. Just Happy all around

Are you in pain? Icing/Stretching not working? Frustrated? I know that feeling all too well. After going to countless doctors for multiple chronic injuries, I took matters into my own hands. I have suffered with Plantar Fasciitis for 3 years, two torn shoulder labrums, a rare neurovascular disorder called "Erythromelalgia" and much more. No where I turned seemed to give me pain relief. Then I got tired of it. I started to read every single study about my injuries I could get my hands on. I found that "soft tissue mobilization therapies" gave the best results without drugs or surgery. I experimented on myself and my friends/family for years until I made my own sequential therapy. This therapy is called "MSTR Therapy". It is a special way of using a combination of soft tissue mobilization therapies, in a specific order, to fix chronic injuries that do not want to heal. This therapy has fixed thousands of people already when applied to plantar fasciitis. Now you can use it for chronic injuries all over the body! Welcome to MSTR Therapy!! By using this book, and some simple tools that can be made or purchased online, you can fix your pain! This is without the awful side effects of drugs/surgery. This therapy makes sense. When you read how it works (from reading the first couple chapters), you will understand how/why chronic injuries can be fixed. Positive thinking and hope only get you so far, let's fix what's causing the pain and move on!