



Power Over Pain: Intelligent Fitness for the Amateur and Professional

Shereen D D Farber, Debra S Knapp

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Power Over Pain: Intelligent Fitness for the Amateur and Professional Shereen D D Farber, Debra S Knapp

This user-friendly book contains a treatment philosophy and processes designed to reduce or eliminate chronic pain without surgery, oral medication, or intensive rehabilitation. Organized by body regions from the feet to the head, it contains a multitude of simple exercises, many of which can be implemented directly into your daily routine. Topics such as postural alignment, balance, respiration and recommended equipment compliment the text. Also included are interactive segments to chart progress and provoke thought.

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