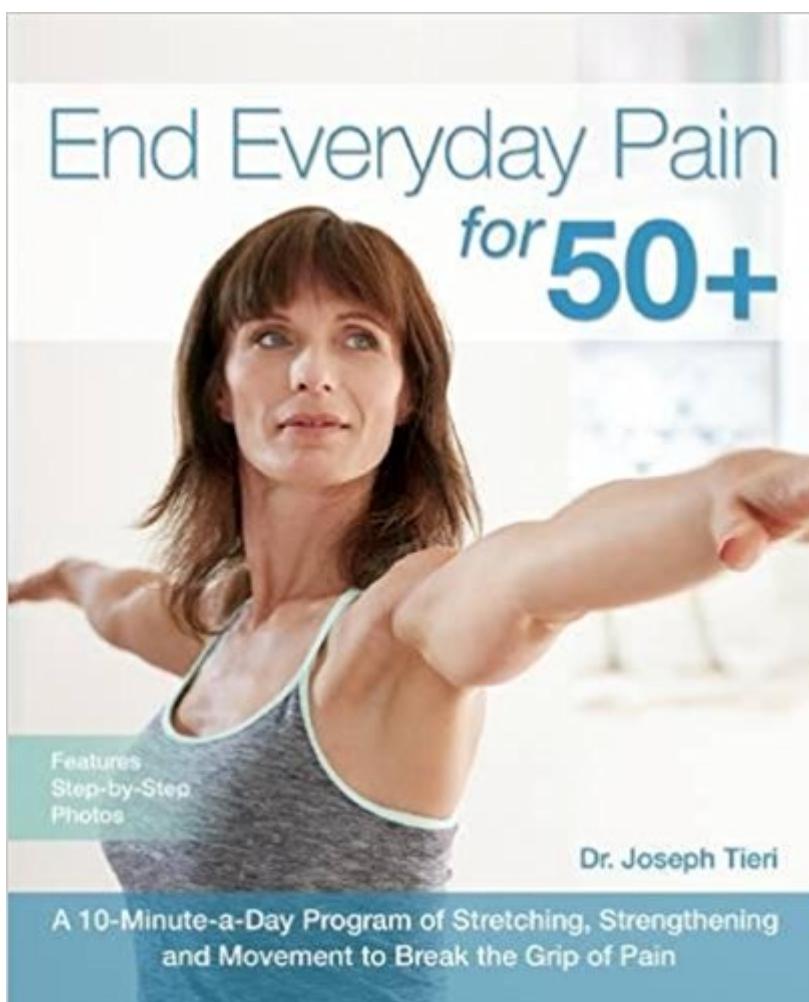


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# End Everyday Pain For 50+: A 10-Minute-a-Day Program Of Stretching, Strengthening And Movement To Break The Grip Of Pain



## Synopsis

END MUSCLE AND JOINT PAIN You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. End Everyday Pain for 50+ presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age. This book's step-by-step approach provides quick relief and lasting solutions by fixing your body's alignment through simple stretching and movement. No matter what part of your body is hurting, End Everyday Pain for 50+ offers a treatment to heal it, including: Neck Stiffness; Shoulder Bursitis; Tendinitis; Hip Misalignment; Headaches; Lower Back Pain; Sciatica; Meniscal Tears

## Book Information

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## Customer Reviews

Dr. Joseph Tieri is an osteopathic medical physician and a specialist in the holistic hands-on healing practice of osteopathic manipulation. He has been in private practice for more than sixteen years and has treated thousands of adults and children suffering from a variety of ailments. Dr. Tieri has lectured and published articles on alternative medicine and osteopathy and serves as a clinical instructor teaching medical students and residents at his office, the Stone Ridge Healing Arts Center in Stone Ridge, NY, of which he is part owner. He enjoys raising his daughter Alexis with his wife Janice, and his hobbies include hiking and skiing in the Catskills Mountains, and practicing karate—in which he holds a black belt degree.

I bought this book because my boyfriend suffered from sciatica and has undergone 2 surgeries and years of physical therapy. While he's no longer in pain (and he's not 50+) it's still good to maintain your muscles and joints. That's where this book comes in. I bought it as a guide for the both of us to maintain our bodies as we age and provide low-impact stretches to prevent injuries or reinjury his back. The book has chapters dedicated to each part of the body and uses written explanations in addition to pictures to help you do the stretches right. The book also provides stretching variety, you could be on the floor, chair or standing. One of the things that made me really like this book is that several of the stretches were the same ones he did while in physical therapy. If you're looking for a book to help you take better care of your body through stretching whether or not your 50+ this book provides just that.

I am 73 years old, had a knee replacement and some issues with my lumbar and cervical spine. I was ache-y and stiff and just did not feel like moving much--in spite of 2 weekly water aerobics and one yoga session almost every week. I needed to find something that fits into my life that I would actually do every day. I have not missed a day of doing the 10 minute program for the past 6 weeks. It has made a huge difference in my walking, my stability, flexibility and general well-being. My hips are now much more open and no longer ache. I have been telling all my friends about the book and program and showing off how I am walking these days. Thank you Dr. Tieri!

A well written and illustrated review of possible causes and cures of everyday pain for seniors.

Straightforward advice on how to avoid and remedy aches & pains caused by poor posture habits.

Simple, straightforward, effective exercises that I actually do -- no small thing for an exercise-adverse person like me. My knee pain seems to have gone and I feel more balanced and strong overall, after just a few weeks. I'm not at all limber, but it doesn't seem to matter - it's not a yoga workout, which for me is a big plus since I've hurt myself going that route. Highly recommended.

Very helpful information... building up to using it more and more

Great book!! Very informative, I wish I had this book 20 years ago, would have saved me a lot of aches and pains! But it's never too late to change and learn new ways to get help yourself!

I'm writing this based on what my mom has said about it-- she asked me to help her write a review, as she's not great with computers. This is an exercise book that explains how bodies age and what we can do about it. It talks about stretching and simple muscle exercises, and goes into a lot of detail about how to do each exercise. I knew this was the right book for my mom when I saw the section on the piriformis-- this is an incredibly hard muscle to correct, and I've had problems with it for years. It's small, specific and less well-known, so when I saw this book addressed it in detail, I was sold. Anyone buying this book has to have some dedication to keep themselves in shape-- it's inspiring, but it can't do the work for you. That's why I think the approach it takes of addressing pain, rather than bad fitness or bad posture or any of the other issues its solutions will also resolve, is so genius. It comes from an approach of ending the suffering that occurs as less well-exercised bodies age. It's a really detailed look at how your muscle groups work together and the kinds of problems you run into as you age. My mom told me that actually the biggest motivation that came from this book was giving her a better appreciation for all the work her muscles did and the different types of muscles she had. It's been a huge help to her and I highly recommend for anyone over 50.

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