



## Bulletproof Your Hamstrings: Optimizing Hamstring Function to End Pain and Resist Injury (Paperback)

By Jim Johnson

Dog Ear Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Bulletproof hamstrings are hamstrings that are pain-free and resistant to injury - and you can have them too - Bulletproof Your Hamstrings will show you how! In under 100 pages, readers will quickly learn about the Bulletproof Hamstring Program - a series of simple and powerful exercises you do at home or in the gym, that take just a few minutes a day to do - yet create powerful changes in the hamstrings making them bulletproof to pain and injury. Highly recommended for those with chronic hamstring strains, athletes, or anyone who simply wants to get rid of or avoid hamstring problems. Jim Johnson, P.T. is a physical therapist who has spent over 25 years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including Bulletproof Your Knees, Bulletproof Your Shoulder, Treat Your Own Hand and Thumb Osteoarthritis, Treat Your Own Iliotibial Band Syndrome, and Treat Your Own Achilles Tendinitis. His books have been translated into other languages, and thousands of copies...



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