



4th OF JULY

Flavors

**10 Big Bold Recipes
for the 4th of July**

An ExercisesForInjuries.com Publication

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10 Big Bold Recipes for the 4th of July

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Disclaimer

4th of July Flavors is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true.

I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A handwritten signature in black ink that reads 'Rick Kasej'.

Delicious Dishes

Spicy Lentil Vegetarian Burger

INGREDIENTS

Patties

1 cup red lentils
 1 onion, diced
 1 bunch of parsley, chopped
 1 egg
 2 bell peppers
 2 tbsp smoked paprika
 1 tsp chili flakes
 Salt & pepper to taste
 Oil for frying

Buns

3/4 cup cassava flour
 4 eggs
 1/2 cup homemade apple sauce
 1 tsp baking soda
 1 tsp lemon juice
 1/2 tsp sea salt
 1 beaten egg for topping
 Sesame seeds for topping



DIRECTIONS

Patties

In a pot, add lentils and cover with warm water. Heat until they start boiling and boil for 15 minutes. Remove from the heat.

Strain the lentils and put in a bowl. Mash the lentils with a fork and add the rest of the ingredients, except oil.

Mix everything together. It should be sticky and easy to handle. If it is not sticky, add a little bit of lentil flour. Let it rest in the fridge for 10 minutes.

In a non-stick pan, add the oil and fry the patties for 2 minutes each side.

Buns

Preheat the oven to 400 F and line a baking sheet with parchment paper. In a food processor, process all the ingredients until the dough is smooth.

Divide the dough into four equal parts and shape into round balls (coat your hands in water if the dough is too sticky). Pat the buns into a dome shape and brush the buns with beaten egg. Sprinkle with sesame seeds.

Bake in the oven for 25 minutes or until golden.

To serve, tuck the patties into the buns and add your favorite toppings. Left over patties can be stored in the freezer.

SERVES 4

NUTRITION INFORMATION: Calories: 230 Fat: 3g Carbs: 41g Protein: 12g

Cilantro Lemon Chicken Breast

INGREDIENTS

1 lb. chicken breasts
Lemon wedges for garnish
Coriander strings for garnish

Marinade

3 tbsp olive oil
2 tbsp lemon juice
4 garlic cloves, minced
4 tbsp coriander, finely chopped
1 tsp red chili flakes
Sea salt to taste



DIRECTIONS

Heat a grill over medium heat.

In a bowl, mix all the marinade ingredients. Add the chicken breasts and mix to coat well. Marinate for 15 minutes.

Place chicken on the grill and cook for 5 minutes without turning.

After 5 minutes, flip the chicken breasts and grill for almost 10 minutes or until cooked.

Serve with your favorite dressing or salsa.

SERVES 2

NUTRITION INFORMATION: Calories: 630 Fat: 52g Carbs: 3g Protein: 3g

Jamaican Goat Curry

INGREDIENTS

1/2 cup coconut oil
 3 1/2 lbs. goat meat, cut into chunks
 1 red onion, sliced
 2 green onions, sliced
 3 medium potatoes, peeled and cut into chunks
 2 tsp fresh thyme
 1 tbsp tomato paste
 1 tbsp ginger garlic paste
 1/2 tsp chili powder
 1 tsp white pepper
 Salt to taste



DIRECTIONS

Season the meat with salt and pepper and set aside.

In a pot, heat the oil over medium heat. Add the meat and sauté, mixing frequently until goat is brown.

Add the ginger garlic paste, onions, thyme, green onions, and tomato paste. Stir for 1 minute.

Pour the water to cover the goat and bring to a boil. Once boiling, lower the heat and let it cook for almost 2 hours.

About 15 minutes before you remove from the heat, add potatoes and cook until potatoes are cooked.

Serve and enjoy.

Hint: If you don't have access to ginger garlic paste, you can easily make it from scratch.

Ginger Garlic Paste

4 ounces garlic, chopped

4 ounces fresh ginger root, chopped

1 tablespoon olive oil, or as needed

Combine all ingredients in a food processor, pulse until the consistency is a smooth paste. Use the desired amount for your recipe and refrigerate or freeze the rest for future use.

SERVES 5

NUTRITION INFORMATION: **Calories:** 352 **Fat:** 9g **Carbs:** 6g **Protein:** 31g

Slow Cooker Cuban Chicken

INGREDIENTS

2 tbsp olive oil
 8 chicken pieces
 12 garlic cloves, peeled
 2 large oranges, juiced
 5 limes, juiced
 1 red onion, sliced
 1 green pepper, chopped
 1 tsp cumin seeds
 1 tsp dried oregano
 1 tbsp smoked paprika
 3 tbsp honey
 Salt & pepper to taste
 Chopped cilantro for garnish



DIRECTIONS

In a pan, heat the olive oil over medium heat.

Season the chicken with salt and pepper and fry until brown on both sides.

Remove the chicken from the pan and place into the bowl of slow cooker. Add the garlic cloves and chopped green pepper.

In the same pan with the oil from the chicken, fry the onion until soft.

Add the cumin seeds, oregano, and paprika. Fry for 1 minute.

Add the honey, orange juice, and lime juice and bring to a boil. Boil for 1 minute. Season with salt and black pepper.

Pour this mixture over chicken pieces in the slow cooker and let simmer for 5 hours.

Serve on plates and garnish with chopped cilantro.

SERVES 4

NUTRITION INFORMATION: Calories: 699 Fat: 8g Carbs: 22g Protein: 32g

Mushroom Stuffed Tomatoes

INGREDIENTS

2 large tomatoes
 4 large mushrooms (or 8 smaller)
 2 garlic cloves
 1 small onion
 1/2 tsp dried thyme
 1/2 tsp turmeric powder
 1 tbsp extra-virgin olive oil
 Salt & pepper to taste
 1 tbsp crumbled goat cheese



DIRECTIONS

Rinse the tomatoes and pat dry.

Slice the tops and take out the seeds. Set aside.

Rinse and dice the mushrooms. Crush the garlic. Dice the onion.

Heat the olive oil.

Add the garlic and onion and sauté for 3-5 minutes until they begin to soften.

Bring in the dried thyme and turmeric powder and cook for 30 seconds more.

Stir in the mushrooms and cook for 5 additional minutes.

Turn on the oven and set the temperature to 450 F.

Fill the tomatoes with the mushroom mixture. Top with the crumbled goat cheese.

Place on a baking dish and bake for about 20 minutes, until the tomato skin starts to break.

SERVES 2

NUTRITION INFORMATION: Calories: 140 Fat: 10g Carbs: 10g Protein: 5.4g

Snacks & Drinks

Tortilla Chips with Restaurant Style Salsa

INGREDIENTS

Tortilla Chips
 1 cup coconut flour
 1 egg white
 1/2 tsp chili powder
 1/2 tsp garlic powder
 1/2 tsp salt
 1/2 tsp cumin
 1/2 tsp onion powder
 1/4 tsp paprika

Salsa

28 ounces whole plum tomatoes
 1 white onion, chopped
 2 jalapeno peppers
 3 garlic cloves
 1 tsp ground cumin
 1 tsp salt
 1 handful of cilantro
 3 tbsp lime juice



DIRECTIONS

Chips

Preheat the oven to 325 F.

In a bowl, mix all the ingredients until they make an even dough.

Roll the dough between two parchment papers as thinly as possible.

Remove the top layer of parchment paper and cut the dough into your preferred chip shapes.

Transfer the dough onto a baking sheet and bake for 12 minutes or until golden.

Let the chips cool and serve with salsa.

Salsa

In a food processor, process all the ingredients until smooth. Taste and adjust the seasoning according to your preference.

Serve with tortilla chips. You can store salsa in an airtight container in the fridge for up to 2 days.

SERVES 2

NUTRITION INFORMATION: Calories: 85 Fat: 2g Carbs: 20g Protein: 2g

Blueberry Green Tea Punch

INGREDIENTS

4 green tea bags
 6 cups purified water
 1 cup blueberries
 1/3 cup honey
 3 tbsp lemon juice
 Blueberries, lemon slices, mint leaves for garnishing



DIRECTIONS

In a pot, bring the water to boil, then turn off the heat.

Dip the green tea bags into the water and cover the pot. Let them steep for 4 minutes.

Remove the tea bags and transfer the tea into a blender. Add the blueberries and blend for a few seconds.

Strain the tea into a pitcher and mix in the honey very well. Mix in the lemon juice.

Chill and serve after garnishing with mint leaves, blueberries, and lemon slices.

SERVES 6

NUTRITION INFORMATION: Calories: 140 Fat: 5g Carbs: 22g Protein: 4g

Fruit Salad with Lemon Mint Dressing

INGREDIENTS

1 cup watermelon cubes
 2 nectarines
 1 cup cherries, pitted
 Mint leaves to garnish

Dressing

Juice from 1 lemon
 2 tbsp maple syrup
 1/2 tsp mint extract

DIRECTIONS

Chop the nectarines into small cubes.

Combine the fruits and divide between serving bowls.

Mix the ingredients for the dressing and pour over the fruits.

Decorate with mint leaves and serve.



SERVES 2

NUTRITION INFORMATION: Calories: 175 Fat: 0.8g Carbs: 45g Protein: 2.6g

Festive Desserts

4th of July Cupcakes

INGREDIENTS

8 oz. strawberry sauce
 Fresh strawberries
 2 tsp lemon juice
 1 tbsp honey, or to taste

Cupcakes
 2 eggs
 1 cup coconut flour
 2 tbsp ground flaxseed flour
 1 cup coconut milk
 1/2 cup coconut sugar
 1/2 cup coconut oil, melted
 1 tsp baking powder
 1/2 tsp xanthan gum
 1 tsp cinnamon
 2-3 strawberries
 A pinch of sea salt

Blueberries and coconut for
 garnishing



DIRECTIONS

In a blender, blend strawberries, honey, and lemon juice. Chill in fridge until ready to use.

Cupcakes

Preheat oven to 350 F. Chop strawberries into small pieces.

Add all the dry ingredients in a bowl and whisk using a hand blender.

Add all the wet ingredients. Whisk again.

Line a muffin tin with cupcake wrappers and pour batter into the papers.

Bake for almost 15 minutes or until done. Top with strawberry sauce, coconut flakes, and blueberries.

SERVES 6

NUTRITION INFORMATION: Calories: 501 Fat: 6g Carbs: 25g Protein: 4g

Pomegranate Ice Cream

INGREDIENTS

2 cans coconut milk
 2 cups pomegranate juice
 1 cup dates, pitted
 1/2 cup pomegranate seeds
 Honey to taste

Toppings

Pomegranate seeds
 Banana slices
 Blueberries



DIRECTIONS

Blend the dates, honey, and pomegranate juice until smooth. Mix in the coconut milk and blend again. Add the pomegranate seeds and blend slightly. Pour this mixture into an ice cream maker and follow the directions of your machine. Serve immediately after topping with pomegranate seeds, banana slices, and blueberries.

SERVES 6

NUTRITION INFORMATION: Calories: 600 Fat: 1g Carbs: 12g Protein: 2g

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, *without expensive appointments, addictive prescriptions, or risk-laden surgery.*

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: [ExercisesForInjuries.com](https://www.ExercisesForInjuries.com)

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

People get the best results when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!*

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...



- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.

We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada.**

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.

Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**



#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...

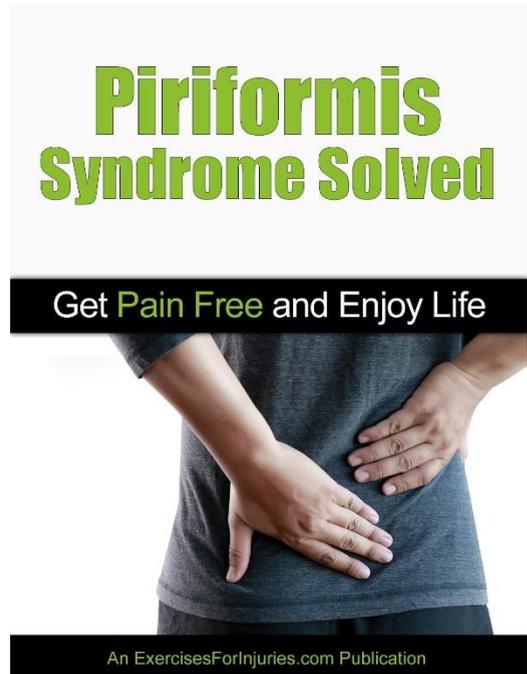
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**



#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

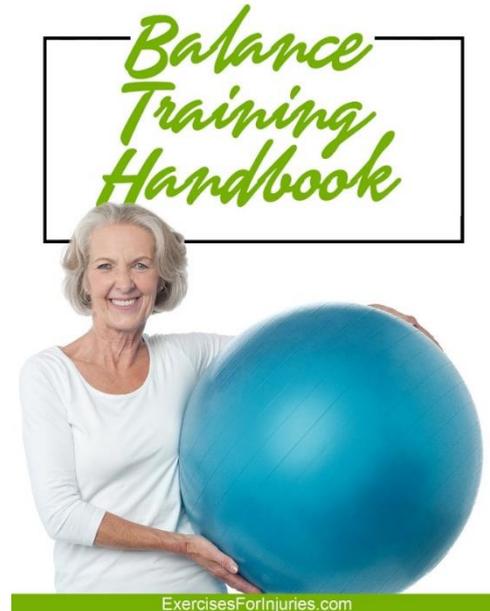
This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.

Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**



#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain



So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

[ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)