Book information

Authors: Andreas Alt / Bernard C. Kolster

Title: Du bist dein eigener Therapeut

Subtitle: Knee Pain: How to Manage my Complaints in Three Simple Steps

Short text:

With "Be Your Own Therapist," authors Andreas Alt and Bernard C. Kolster show readers plagued by knee pain amazingly simple ways to get rid of discomfort and take an active role in therapy. This book contains everything those affected need to know to enable them to treat their knee pain complaints on their own and eliminate or decisively alleviate them in the long term – from simple self-assessment to an individual exercise program and practical implementation. In addition, readers can rely on the fact that the exercises presented help reliably because they have been extensively tested in physiotherapeutic practice! "Be Your Own Therapist" offers structured and goal-oriented guidance to break the vicious circle of chronic complaints. The guide dispels common myths surrounding knee pain, explains the causes of pain in an understandable way, and allows chronic knee pain to become manageable again. In the first step, readers identify their personal "main problem" and are then taken directly to the optimal exercise program to target the complaints precisely. The focus is also on the modern lifestyle, and readers are shown how to counteract habits that promote pain. In addition, the book contains support materials such as video sequences of the exercises and PDF formats of the self-assessment and exercise programs, which can be accessed via QR codes.

Categories: Patient Education, Physiotherapy, Guide Health & Medical Science

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