



## Beating Patellar Tendonitis: The Proven Treatment Formula to Fix Hidden Causes of Jumper's Knee and Stay Pain-Free for Life (Paperback)

By Martin Koban

Createspace, United States, 2013. Paperback. Book Condition: New. 232 x 154 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you struggling with patellar tendonitis ( Jumper's Knee ) and can't seem to make progress in recovering from it no matter what you do? It's not your fault. Keep reading to learn the surprising truth about how you can finally fix this situation. The author's story: Back when I suffered from patellar tendonitis, I thought I was doing everything possible to treat this injury. I was stretching regularly, warming up before games, strengthening my legs, and doing whatever else doctors suggested might help. However, the pain never stopped. Sure, some days were better than others were, but I was still in pain and my athletic performance was severely handicapped. I was frustrated with my lack of progress, and I couldn't believe that for all the effort and dedication I put into my training, I was being punished with pain that was impossible to get rid of. The worst part was that every time I thought I had made progress, the pain returned. The whole experience was so depressing that I almost quit...



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