

Pain to Gain Report

Women Age 72. In pain 17 years

Location: Maryland

Knee Pain started 2005. Lots of falls. 2014
Torn meniscus had surgery never healed.



AT A GLANCE

Challenges

- Reduce pain without pills
- Can't off the floor
- Limited range of motion to hips

Benefits

- Can walk with son, easier getting out of car
- Can get off the floor
- Stretch quads using yoga strap



Knee Pain Recipe Is a 6 step holistic solution to knee pain reduction

Our mission is to holistically eradicate knee pain from around the world

CHALLENGE

Cannot get off the floor. Cannot raise leg laterally higher than a few inches off the floor or take long walks. Hips are internally rotated causing feet to flare out.

SOLUTIONS

The Knee Pain Recipe drove results by:

- Reduced inflammation and swelling
- Return range of motion to the hips, legs and shoulder
- Coached to use chiropractor and stretch therapist effectively

BENEFITS

Benefit One

Can lift leg on to a kitchen chair from the side

Benefit Two

Knee pain 85% relieve

Benefits Three

Can walk 1.5 miles

Benefit Four

Exercises 4 to 5 times a week

Outcome:

Client has lost weight feels real confident and energized.

Walking Video available