

BECOME UNBREAKABLE

Five Steps to Make
Leg Injuries History

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Fix-Knee-Pain.com

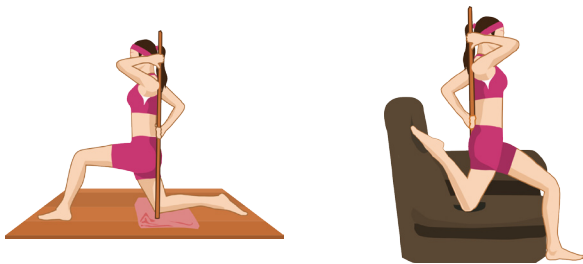
Step 1: Foam Rolling to Relax Muscles

Roll each muscle for one to two minutes by moving in short strokes.



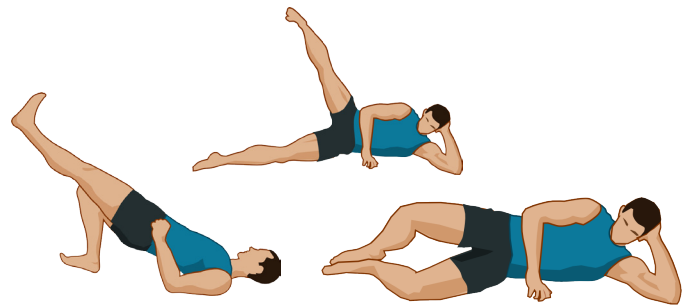
Step 2: Hip Mobility to Undo Damage of Sitting

Do either stretch for two minutes per side.



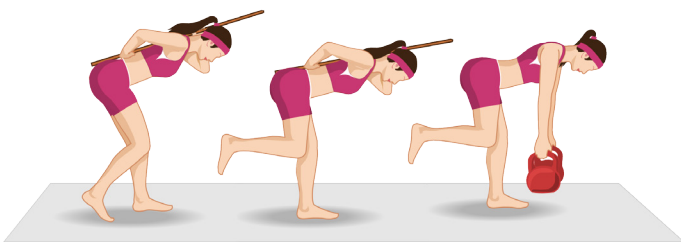
Step 3: Strengthen Glutes to Unload Knees

Do 15 repetitions of each exercise.



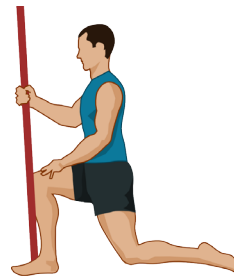
Step 4: Hip Hinging for Injury Prevention

Do 15 repetitions of one exercise.



Step 5: Rejuvenate Your Ankles

Do 10 repetitions.



Hold for 2 minutes.



Do You Want to Get Rid of Knee Pain?

If you love being active, but feel like a prisoner in your own body because of knee pain, I'd love to help you!

[Show Me How to Get Rid of Knee Pain](#)