



Drivers Help Yourself Against Repetitive Injuries

By Serukias Aranos

iUniverse. Paperback. Book Condition: New. Paperback. 52 pages. Dimensions: 7.9in. x 4.9in. x 0.4in. Do you drive for a living? Do you have regular pain in your lower back, your shoulders or your neck? Well, did you know that you don't have to live with these small niggling but constant physical pains? The pain you are feeling is because you are overusing your soft tissues (muscle, ligament, tendons. . .) of some part of your body due to the physical requirement of your job. This problem can be addressed by the use of exercise, specifically stretching and strengthening the part of your body you are overusing. I have designed an exercise program you can do at home, that should take around 30 minutes in the morning or evening, to help give your body the physical balance you need to do your daily job free of pain. You do not need any equipment to complete these exercises. They are designed to be simple and effective. Give it a try. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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This book is definitely not effortless to start on reading through but extremely fun to learn. Better than never, though I am quite late in starting reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Aliya Franecki**