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Edward M. Phillips, M.D.

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Are you plagued by joint pain? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favorite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving that golf ball down the fairway or from simply performing everyday tasks like carrying a bag of groceries into your home? The exercises in this report can help relieve ankle, knee, hip, or shoulder pain, and help you become more active again, which in turn can help you stay independent long into your later years.

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