

SL: Say "NO" to surgery

Pv: Here's the best solution for your hip pain

SL: The real world

Pv: Let's show you how the real world actually works

Hi %firstname%,

A few days ago, I got an email from a young guy in his 20s.

He had been suffering from hip pain,

His hip pain was from a hip labrum tear and "femoroacetabular impingement."

Relatively new inventions in orthopedic medicine.

And guess what, the only solution he got from the doctors

Surgery

But was it really the only solution?

After this email, you'll know they're all wrong and will get the actual solution you need

First, let's see what research tells us

These "causes" are just normal anatomic variations that show up in the general population ALL THE TIME with no correlation to pain or dysfunction.

So I gave him a guideline

It took him a few months of regular hip exercises, but he was able to fix his hip pain WITHOUT surgery with patient, persistent action

And it's not just because he's young.

I've helped plenty of older people as well, just take a look at the screenshots from my comment section



@barbarajomullen79 2 months ago · 1 subscriber

I love your videos. I am 61 and have had multiple back injuries and a shoulder surgery. I started doing the exercises you recommend and a year after my surgery I can do a full squat and lift weights regularly. I am also doing balance exercises and have been able to return to my job. Enjoying life, getting out in nature and feeling strong! Thank you!!!



@cmorrison5466 1 month ago · 39 subscribers

Last month I discovered, sheerly by accident, that I could not get up from the sitting position on the floor. I had to roll over on my knees and push myself up. I thought I was in good shape until that happened. So every day, I sat on the floor and challenged myself to get up without rolling over. It took a couple of weeks but I could finally do it! Now I've got to figure out how to do this without using my hands.

I can touch my toes easily but I found the Asian squat quite challenging. I can squat down to that position but I can't get back up easily. Definitely setting some goals to work on these. It does blow my mind because I thought I was in better shape than this. I am very active (biking, hiking, running, swimming, tennis, lifting) but found it difficult to do 2 out of 3 of these. This is how muscle deterioration sneaks in! I'll be watching more of your videos to learn how I can combat this. Thanks so much for making us aware! (Almost 63yo female)

So what's the lesson we get from the story

1. Surgery is not the only solution
2. Age is not a factor

This is how you can improve learning from other men

That's exactly why I've added a **case study section** in the module

Now, how will you use the case studies module most efficiently?

Don't binge-watch everything. That's not Netflix

Watch what applies to *your* issue

Well, if you're interested in all then go ahead and watch them, it won't cost you extra

The case study videos are powerful tools to help you connect the dots between theory and practice.

I want you to be able to see how ideas like ATM and SAEL work in real life

Because once you find out how things really work in real life

You'll understand

- How and why I structure my workout in that way
- Foundation of all my programs
- How to apply that in your daily life

To get access to the case study section

[Log in to BRB and hit the case studies section now]

And as always remember: Pain sucks, Life shouldn't

(Sign off)