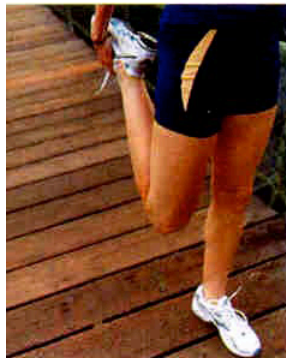


health
NEWS+TRENDS

MONEY- SAVING KNEE REMEDY

Want to try physical therapy at home for a bum knee before shelling out hundreds in co-pays? Pick up a copy of Body-WorksMD (\$40), a new DVD series created by Mark Klion, MD, and James Capozzi, MD, orthopedic surgeons at New York's Mount Sinai School of Medicine. The first release from the series, *The Knee*, details easy exercise routines that help prevent injury, as well as specific rehab moves (demonstrated by Klion, an avid marathoner) for conditions such as ligament injuries, arthritis, and tendinitis. Many of the workouts are



exactly what you'd do at any physical therapy clinic. Volumes on the shoulder and back are also

available. To buy online, visit bodyworksmd.com.

—Julian Kesner