

# BEATING PATELLAR TENDONITIS

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THE PROVEN TREATMENT  
FORMULA TO FIX HIDDEN  
CAUSES OF JUMPER'S KNEE  
AND STAY PAIN-FREE FOR LIFE

**MARTIN KOBAN**

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AUTHOR OF TOTAL KNEE HEALTH AND CREATOR OF SIX-KNEE-PAIN.COM, THE  
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# Beating Patellar Tendonitis

**New York (State). Hospital for  
Ruptured and Crippled**

## **Beating Patellar Tendonitis:**

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