



Climbing Injuries Solved

By Dr. Lisa Erikson

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Supported by the climbing community on Kickstarter, this book is aimed at teaching you how to work on yourself and yields the tools to get you back on track. Access hidden tricks and learn about treatments and care ideas for pro climbers and weekend warriors alike. This book focuses on the region of the fingers up through the shoulder. Allowing you to heal your injured finger pulleys and any chronic tendonitis back to healthy, it's based on the learnings of working with 45+ pro climbers on-site and in the clinic. 10% of proceeds to benefit the American Safe Climbing Association.

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