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VOLUME FOUR - The Ankle Now Available in Groundbreaking BodyWorksMD™ Physician-Guided DVD Series for PT

Volume Four - The Ankle, the fourth release in the revolutionary DVD series for at-home, physician-guided physical therapy from BodyWorksMD™ is now available. Following the success of the first three DVDs in the series, *Volume One – The Knee*, *Volume Two – The Back*, and *Volume Three – The Shoulder*, *Volume Four – The Ankle* features simple and effective injury prevention and rehabilitation techniques for the ankle developed by Dr. Mark Klion and Dr. James Capozzi, both instructors at the Mount Sinai School of Medicine in New York City.

The DVD helps patients recover from their injuries by showing a variety of routines and advice demonstrated by Dr. Klion who is a board-certified orthopaedic surgeon as well as an accomplished marathon and triathlon competitor. Together with colleague Dr. James Capozzi, Dr. Klion developed the series in order to help people with their physical therapy who would otherwise not have the time for a traditional rehabilitation program.

BodyWorksMD™ Volume Four – The Ankle has three separate levels of therapy programs. They can be used for acute injuries to the ankle as well as general ankle conditioning. There is also an advanced agility program to increase strength and performance. Each program has a separate Technique section to learn each exercise. The Main Programs are 20 minute follow-along session instructed by Dr. Mark Klion. As the ankle's condition improves, the program allows viewers to progress to higher levels of stretching and exercise. BodyWorksMD™ guides the viewer through many of the same routines used by physical therapists in traditional rehab programs.

“As with the other DVDs in the series, *The Ankle* offers a truly revolutionary concept in that it helps people whose busy schedules don't allow them to attend the typical treatment sessions,” remarked Dr. Klion. “Instead of patients having to travel to receive physical therapy, we are bringing physical therapy directly into a patient's home.”

The concept of “No Pain, No Gain” does not apply to the BodyworksMD™ DVD series but rather, it helps patients to understand the injury and help to begin the process of healing. *BodyWorksMD™ Volume Four – The Ankle* features three 20 minute, physician-guided rehabilitation programs that will increase flexibility and strength in the ankle. The program is designed for use 3 to 4 times per week in the convenience of a person's own home or on-the-go.

The BodyWorksMD™ series was developed by board-certified orthopaedic surgeons, Dr. Mark Klion and Dr. James Capozzi, instructors at the Mount Sinai School of Medicine in New York City, in collaboration with certified physical therapist Paul Larosa. *Volume Four – The Ankle* is now available online at www.BodyWorksMD.com and at Jack Rabbit Sports located at 42 West 14th St. in New York City.

The BodyWorksMD™ series plans a full range of DVDs designed to provide a physical rehabilitation program for common orthopaedic and sports related injuries. Dr. Mark Klion hosts the series, leading viewers through easy-to-follow exercise routines that can be done in the comfort of one's own home or on-the-go.

For further information or to arrange an interview or exercise demonstration with Dr. Mark Klion please call (212) 843-8073 or email: amazur@rubensteinpr.com.