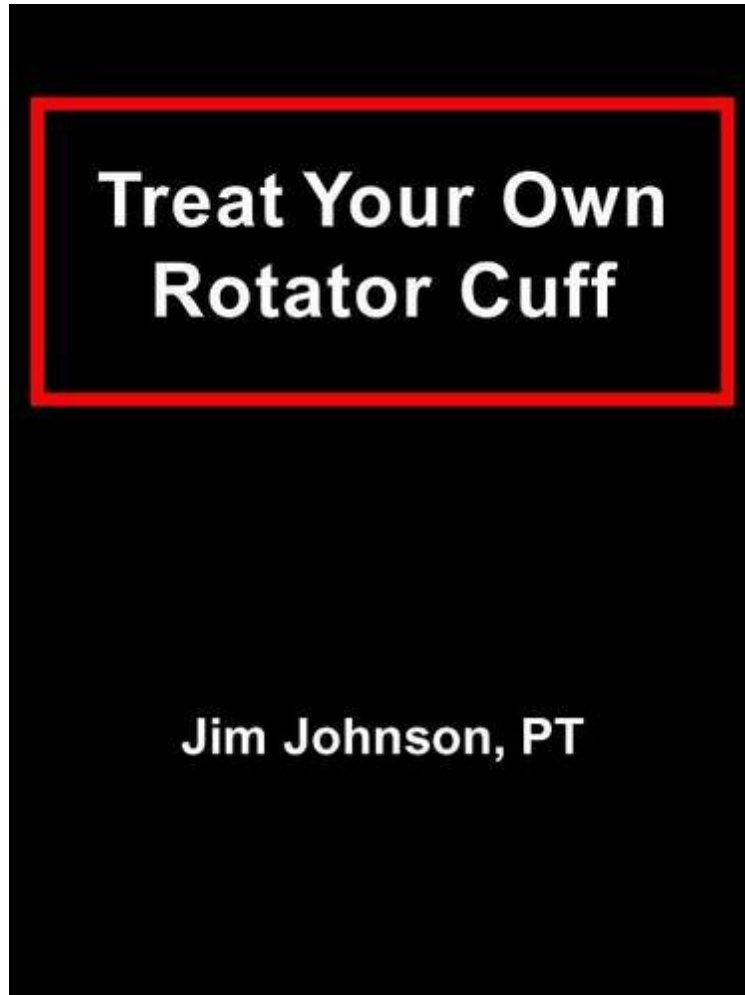


[Free read ebook] Treat Your Own Rotator Cuff

Treat Your Own Rotator Cuff

Jim Johnson

*ebooks | Download PDF | *ePub | DOC | audiobook*



DOWNLOAD



READ ONLINE

#39211 in Books Dog Ear Publishing, LLC 2007-01-07Original language:EnglishPDF # 1 11.02 x .20 x 8.271, .54 #File Name: 159858206296 pagesISBN13: 9781598582062Condition: NewNotes: BRAND NEW FROM PUBLISHER! 100% Satisfaction Guarantee. Tracking provided on most orders. Buy with Confidence! Millions of books sold! | File size: 63.Mb

Jim Johnson : Treat Your Own Rotator Cuff before purchasing it in order to gage whether or not it would be worth my time, and all praised Treat Your Own Rotator Cuff:

6 of 6 people found the following review helpful. Good value, useful for frozen shoulder syndromeBy Don RI had 'frozen shoulder syndrome' (and experienced the typical two year recovery process), and found this book valuable in two ways:- it clearly explained the nature of the rotator cuff so I finally understood visually what was happening- it provided several helpful strengthening and stretching exercises, towards recovering muscle tone and coping with a crippled rotator cuff while it very gradually recovered4 of 4 people found the following review helpful. The best book on the subject, period.By R. KimI have read every book and gone to every physical therapy on earth, and this easy-to-

read, highly informative book is the absolute BEST thing I have ever seen on the subject. He doesn't talk "down" to you, or "up" to you, his language is simple, everyday English, exploring one of the most painful issues anyone can experience. For anyone who has had shoulder pain of any degree, you owe it to yourself to get this wonderful book, and read it. These techniques WORK, if you work them. 3 of 3 people found the following review helpful. Good Explanations and Sound Exercises By Voiceguy I got this book after dislocating my left shoulder and commencing three months of physical therapy. The first benefit is that the initial sections of the book provide a very understandable explanation of the shoulder anatomy and the principal areas of concern for injuries. I had heard pieces of this information from my orthopedist and from my physical therapist, but this book laid it all out in a comprehensive and logical manner. Secondly, I was gratified to discover that the exercises suggested in this book were virtually identical to the ones my physical therapist was having me do. (Note, however, that this book does NOT cover pool therapy, which was the initial treatment I received.) I showed this book to the physical therapist, and she in turn called over several colleagues to look at it. They all thought it was great. After going through physical therapy for a rotator cuff injury, and seeing how consistent this book is with that first-hand experience, I believe this book is well-conceived and provides sound guidance for treating rotator cuff problems.

Based entirely on research from peer-reviewed journals and randomized controlled trials, Treat Your Own Rotator Cuff is a complete program to prevent and rehabilitate rotator cuff injuries for athletes and non-athletes alike. In less than 100 pages, readers will learn precisely how the rotator cuff works, what can go wrong with it, and then are guided step-by-step through an evidence-based program that takes just minutes a week to complete. Drawing from the latest rotator cuff research, Treat Your Own Rotator Cuff will be especially useful for those who have been diagnosed with either a partial or full-thickness rotator cuff tear, experience shoulder pain, do upper body weight lifting, play a sport or have a job that involves repeated arm motions above shoulder level, have been diagnosed with "impingement syndrome," or for anyone simply wanting a healthy and properly functioning rotator cuff.!-- /* Font Definitions */ @font-face {font-family:"Cambria Math"; panose-1:2 4 5 3 5 4 6 3 2 4; mso-font-charset:0; mso-generic-font-family:roman; mso-font-pitch:variable; mso-font-signature:-1610611985 1107304683 0 0 415 0;} @font-face {font-family:Calibri; panose-1:2 15 5 2 2 2 4 3 2 4; mso-font-charset:0; mso-generic-font-family:swiss; mso-font-pitch:variable; mso-font-signature:-520092929 1073786111 9 0 415 0;} /* Style Definitions */ p.MsoNormal, li.MsoNormal, div.MsoNormal {mso-style-unhide:no; mso-style-qformat:yes; mso-style-parent:""; margin:0in; margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:11.0pt; font-family:"Calibri", "sans-serif"; mso-fareast-font-family:Calibri; mso-fareast-theme-font:minor-latin;} .MsoChpDefault {mso-style-type:export-only; mso-default-props:yes; font-size:10.0pt; mso-ansi-font-size:10.0pt; mso-bidi-font-size:10.0pt;} @page WordSection1 {size:8.5in 11.0in; margin:1.0in 1.0in 1.0in 1.0in; mso-header-margin:.5in; mso-footer-margin:.5in; mso-paper-source:0;} div.WordSection1 {page:WordSection1;} -- Also by this author: Treat Your Own Knee Arthritis, Treat Your Own Spinal Stenosis, and Treat Your Own Tennis Elbow

From the Author Keeping your rotator cuff in shape is the single best weapon you have against shoulder pain. Why? Because your shoulder is a shallow ball and socket joint that relies heavily on your rotator cuff to keep it in place. Did you know your rotator cuff muscles contract every time you move your arm to protect and stabilize your shoulder joint?