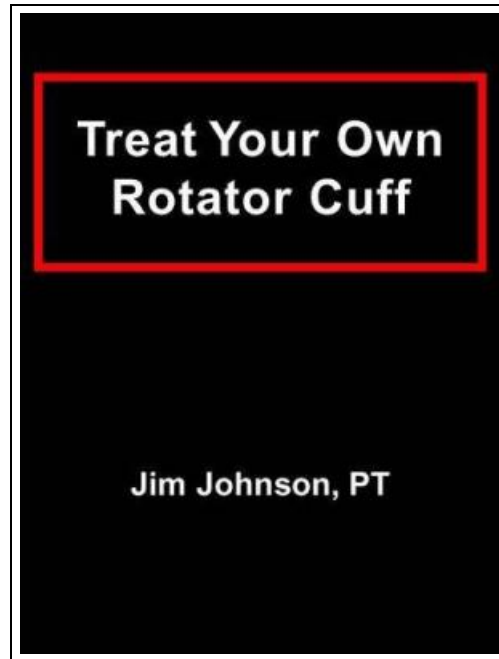


Treat Your Own Rotator Cuff



Filesize: 3.61 MB

Reviews

This ebook might be worth a read, and superior to other. It is probably the most remarkable book i have got read. Its been designed in an remarkably straightforward way and it is merely soon after i finished reading this publication where really modified me, alter the way i really believe.

(Alex Zieme DDS)

TREAT YOUR OWN ROTATOR CUFF



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Dog Ear Publishing, LLC. Paperback. Condition: New. 96 pages. Dimensions: 10.9in. x 8.0in. x 0.6in. 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. and lt!-- 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; -- and gt; Also by this author: Treat Your Own Knee Arthritis,...



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