



From Ouch to Aaah Shoulder Pain Self Care

By Peggy Lamb

Massage Publications. Paperback. Condition: New. 54 pages. Dimensions: 10.9in. x 8.3in. x 0.3in. Say goodbye to shoulder pain with a Self-Care book that enables you to take control and experience Aaah RELIEF! Heres a secret: most shoulder conditions can be successfully addressed and healed with simple self-care and attention to the involved muscles - the rotator cuff. The rotator cuff is the Commander-N-Chief of the shoulder - every shoulder condition involves the rotator cuff in some way. This book may help you to: avoid unnecessary surgery, throw away expensive drugs that dont work and pass up endless physical therapy. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

-- Eileen Kling I

A must buy book if you need to adding benefit. It can be really interesting through looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe.

-- Ms. Julie Huels