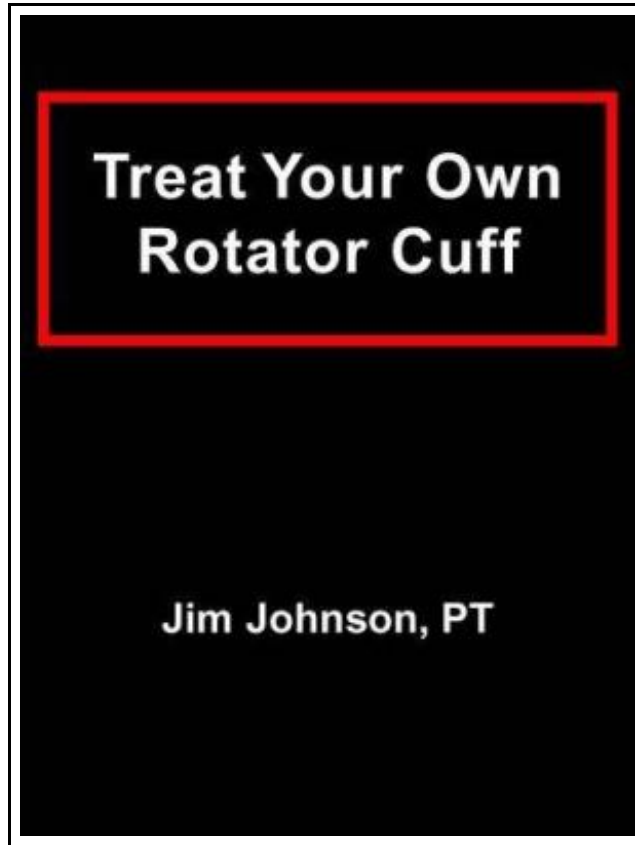


Treat Your Own Rotator Cuff



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throug reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littell)

TREAT YOUR OWN ROTATOR CUFF



Dog Ear Publishing, United States, 2007. Paperback. Book Condition: New. 278 x 204 mm. Language: English . Brand New Book. Treat your own rotator cuff? Who needs to worry about that? According to the medical research, a lot of people. The rotator cuff, a group of four, flat tendons that connect to the critical muscles that stabilize your shoulder, can cause a lot more problems than you might think. Consider a few of these statistics from the published literature: .It s simply just a matter of time until the majority of shoulders get a rotator cuff tear. According to Magnetic Resonance Imaging (MRI) scans, approximately 4 of people under forty years of age have a torn rotator cuff. After age sixty, however, 54 of people have one (Sher 1995). .Once the rotator cuff gets torn, it doesn t look good either. One study followed a group of patients with tears in their rotator cuffs and found that 80 of the them went on to either enlarge or turn into full thickness tears-in less than a two-year period (Yamanaka 1994). As you can tell, rotator cuff problems aren t just for elite athletes. Seriously consider investing just a few minutes a week doing the simple exercises in this book if you: .have been diagnosed with either a partial or full thickness rotator cuff tear (yes, many studies show that even full thickness tears can be helped with exercise!) .experience shoulder pain .do upper body weight lifting .have a job or play a sport where you do a lot of work with your arms above shoulder level .have been diagnosed with impingement syndrome .want a healthy and properly functioning rotator cuff So whether you already suffer from a rotator cuff problem, or simply want to prevent one, Treat Your Own Rotator Cuff...



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Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling...

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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on

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Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

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**Readers Clubhouse Set B What Do You Say**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program

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**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Sing Song (Hardback)**

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**Twitter Marketing Workbook: How to Market Your Business on Twitter**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your

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