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Fixing You: Shoulder and Elbow Pain: Self-treatment for Rotator Cuff Strain, Shoulder Impingement, Tennis Elbow, Golfer s Elbow, and Other Diagnoses (Paperback)

By Rick Olderman

Boone Publishing, LLC, United States, 2010. Paperback. Condition: New. Marin Huber (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Fixing You: Shoulder Elbow Pain highlights the shoulder blade as the primary culprit in shoulder and elbow problems. If the shoulder blade does not move properly, adverse stress is placed on the shoulder joint because the upper arm bone will not rest or move well either. Fixing You: Shoulder Elbow Pain teaches you why this occurs and how to fix it. Problems with shoulder blade function, by extension, establish the environment for elbow injuries such as tennis elbow or golfers elbow. For this reason, to fix chronic elbow pain, problems must be addressed at both the shoulder and elbow. Fixing pain in the shoulder and elbow is much like fixing pain anywhere in the body. You must understand which muscles and joints are not working well and grasp how those problems feed poor movement habits which then reinforce the original poor muscle and joint function. This creates a cycle of pain. Visit to learn more.



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