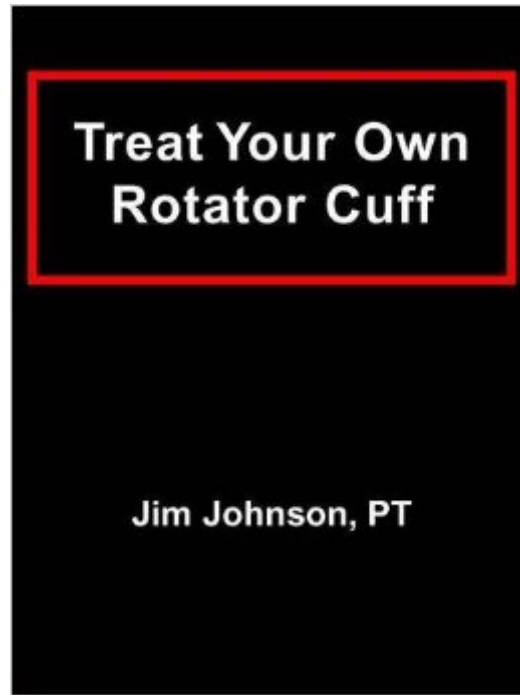


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# Treat Your Own Rotator Cuff



## Synopsis

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. Also by this author: *Treat Your Own Knee Arthritis*, *Treat Your Own Spinal Stenosis*, and *Treat Your Own Tennis Elbow*

## Book Information

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## Customer Reviews

I hurt my rotator cuffs doing some bag work. I waited a long time (I'm a guy) to go into an ortho. He gave me the advice to work on my posture, lose weight and a photocopy of some exercises to do. Told me that how I injured myself didn't matter, fixing it was what counted. Well, posture and losing weight solved that problem. Had a completely different feeling problem. Went back after eight months of worsening pain. Same diagnosis, they told me it was "referred pain" which was why it felt completely different. Same exercises. You can find them all over the internet. Didn't do much for me. I slowly got more or less better on my own. But, I had nagging pain every morning, the exercises

and stretches did nothing for me. Rather than go back, I decided to try this book first, based on recommendations from a friend I followed up. First, the explanations aside, the core of the book is short. You are only going to do about four exercises and four stretches at any one time. There are routines for severe to very mild problems (beginning to advanced). Second, the explanations made sense and I've been able to apply them to a few other areas. But, it has been less than a month and I'm waking up pain free from time to time, the first time in a very long time. Would I pay this much for a paperback? Not usually, but it was a lot better than blowing half a day off from work seeing the ortho sports med guy again. Would I buy a book when the internet is swimming with essays, charts, etc.? Well, but for the fact it works and the free stuff didn't, no. But the free stuff doesn't quite put it all together the way this does and it didn't quite do the trick.

I found Jim Johnson's book to contain an amazing amount of information in a relatively short read. There are several very good reviews that detail what he covers in this book so I'll stick to points not covered by the other reviews. First, yes, it is a small book. This is actually a bonus because he covers the pertinent material thoroughly but keeps the book to a size easily read in one sitting. This is important when you are looking for answers and not a lengthy read. I found illustrations and the text were all useful - there is no filler or fluff in this book. Second - the stretches and exercises are explained in detail so you can be comfortable with the knowledge you are doing it right. So, as you follow one of the 3 programs laid out, you can refer back to the detailed descriptions and illustration as needed. If you are a picture person and not a verbal person, this is priceless to have on hand. Third - the information on how to distinguish the different types of injuries and how to approach rehabilitation gave me insight to what was going on with my own injury that no professional I had taken this problem to have ever bothered to explain. Again, illustrations were to the point and provided clarity that words can't always deliver. Last, I have sought medical advice with my shoulder problems off and on for years yet this book gave me more information in a 30 minute read than I had gotten in any consultation. This book is priced around \$30 retail and that is far less than a doctor or physio visit. Note that I am \*NOT\* saying to skip seeking medical advice, I am saying that this book gives you a ready reference to supplement your knowledge and to keep on hand while treating your injury.

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