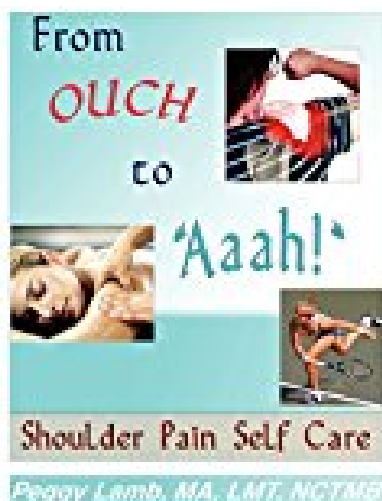


From Ouch to Aaah! Shoulder Pain Self Care



BOOK DETAILS

- Author : Peggy Lamb
- Pages : 54 Pages
- Publisher : Massage Publications.
- Language : English
- ISBN : 0983433305

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BOOK SYNOPSIS

Most shoulder conditions can be successfully addressed and healed with simple self-care and attention to the involved muscles--the rotator cuff. This edition may help readers avoid unnecessary surgery, throw away expensive drugs that don't work, and pass up endless physical therapy.

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