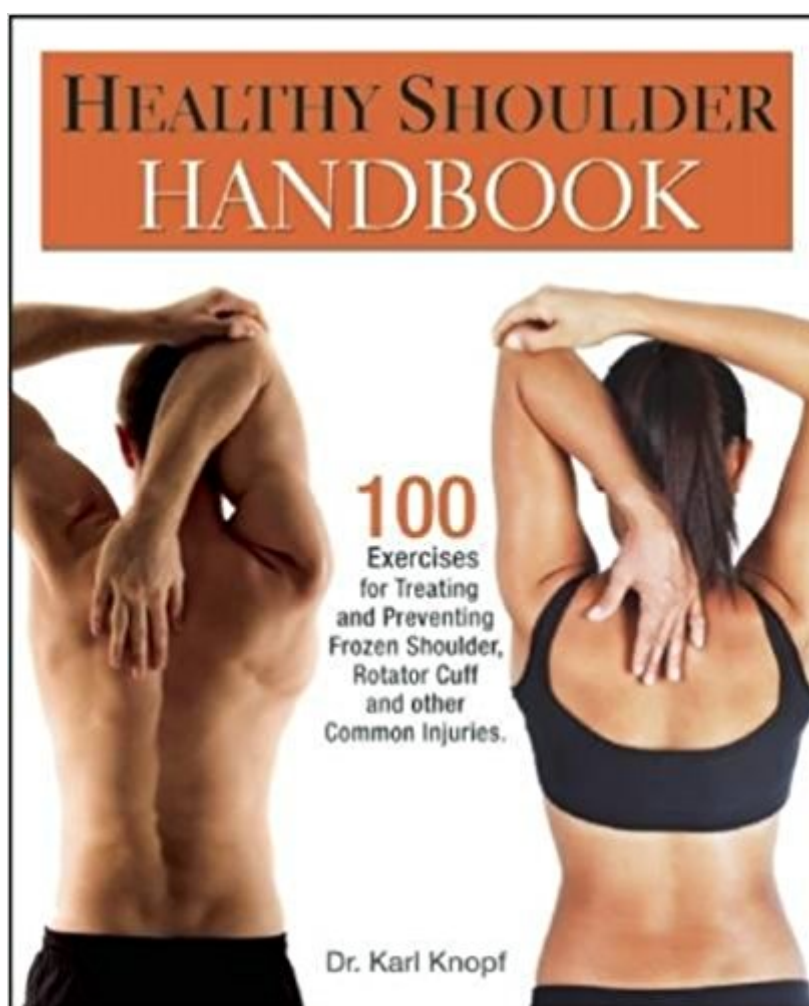


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# Healthy Shoulder Handbook: 100 Exercises For Treating And Preventing Frozen Shoulder, Rotator Cuff And Other Common Injuries



## Synopsis

END PAIN, REGAIN RANGE OF MOTION AND PREVENT RE-INJURY Millions of people suffer from debilitating shoulder problems every year. With Healthy Shoulder Handbook, you can take yourself off that list. This friendly manual outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation and repetitive motion injuries. Illustrated with over 300 step-by-step photographs, Healthy Shoulder Handbook offers easy-to-follow exercises to:

- Build strength
- Improve flexibility
- Speed up recovery
- Prevent injury

Healthy Shoulder Handbook also features specially designed programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf and more. Follow the approach in this book and you'll be able to quickly get back to the job (or back on the court!) and stay there--pain free!

## Book Information

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## Customer Reviews

Stretching for 50+-Karl-Knopf-9781569754450-13.95-Ulysses Press-02/2005-7000--Weights for 50+-Karl -Knopf-9781569755112-14.95-Ulysses Press -12/2005-3500--

Stretching for 50+|Karl|Knopf|9781569754450|13.95|Ulysses Press|02/2005|7000||Weights for 50+|Karl |Knopf|9781569755112|14.95|Ulysses Press |12/2005|3500||

A good book for anyone looking for shoulder exercises, it's divided up into three parts:-Part One is "Getting Started" and discusses shoulder anatomy, a short discussion of common shoulder

conditions, and ends with a few pages talking about shoulder rehab-Part Two is "Prevention and Programs" and talks about good posture and goes over some exercises that might hurt your shoulder. It ends with shoulder programs for several sports and occupations such as hockey or construction jobs. These programs include stretching and strengthening exercises.-Part Three "Shoulder Conditioning Exercises" contains tons of exercises which stretch and strengthen the shoulder. They are arranged in groups such as the floor series, the wall/door series, the cane series, etc. I found the pictures and explanations adequate. While you'll find many exercises, this strength can also be a weakness as there are so many to choose from - it's hard to know which ones are the best for your shoulder. While each exercise is listed as having a particular goal (i.e. this stretch increases this motion), the sheer number of exercises may leave some readers a bit overwhelmed as to where to start, especially with 100 to choose from. If you're self-directed, and don't mind experimentation and trial and error, then this book is perfect. But, if you're looking for more of a set plan, I'd look at other shoulder books such as *Â Bulletproof Your ShoulderÂ* that contain a specific, laid out program. Hope this helps!

Good book, illustrations. Highly recommended

My wife loves this hand book and the results.

Very helpful .

I almost didn't buy this book b/c of a 1-star review that said there are no exercises in the book specific to certain injuries. This is true. But injury usually results from imbalance, and this book tries to correct imbalances in your back/shoulders. As follows are the specific programs, with several exercises per program, spelled out (in clear/concise detail) in the book: General Conditioning Baseball/Softball Basketball Football Golf Hockey Swimming Tennis Volleyball Wrestling Construction Job Office/Desk Job So far, I have been following the General Conditioning and Office/Desk Job programs, as these are relevant to how my particular injuries have developed over time. With the help of this book, I am correcting misalignment and building strength. My level of improvement via the few exercises I have used from this book is far greater than the improvement I have ever experienced by working with a Physical Therapist. The book is money well spent.

An OK book with certainly a complete set of exercises. Having a couple of others recommended

directly by a physical therapist that present a bit more complete and thorough story, I have to rate this one down a notch. Certainly not disappointed that I bought it.

This helpful book covers important information clearly and succinctly. In addition to explaining shoulder mechanics, this book contains helpful lists, stretches, exercises, and guidelines for listening to your body. You will find specific suggestions for your favorite sports and activities. In addition, the book is filled with clear illustrations and photographs.

I got this book because I teach pole fitness. Pole dancing/fitness calls for a lot of upper body strength. I have a great understanding for anatomy from massage school, yoga and just studying on my own. This has useful exercises and information on how to understand your rotator cuff. It is always good to know proper shoulder technique when doing something simple as walking around the pole to inverts. This is worth getting. I even loaned it out to other instructors.

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