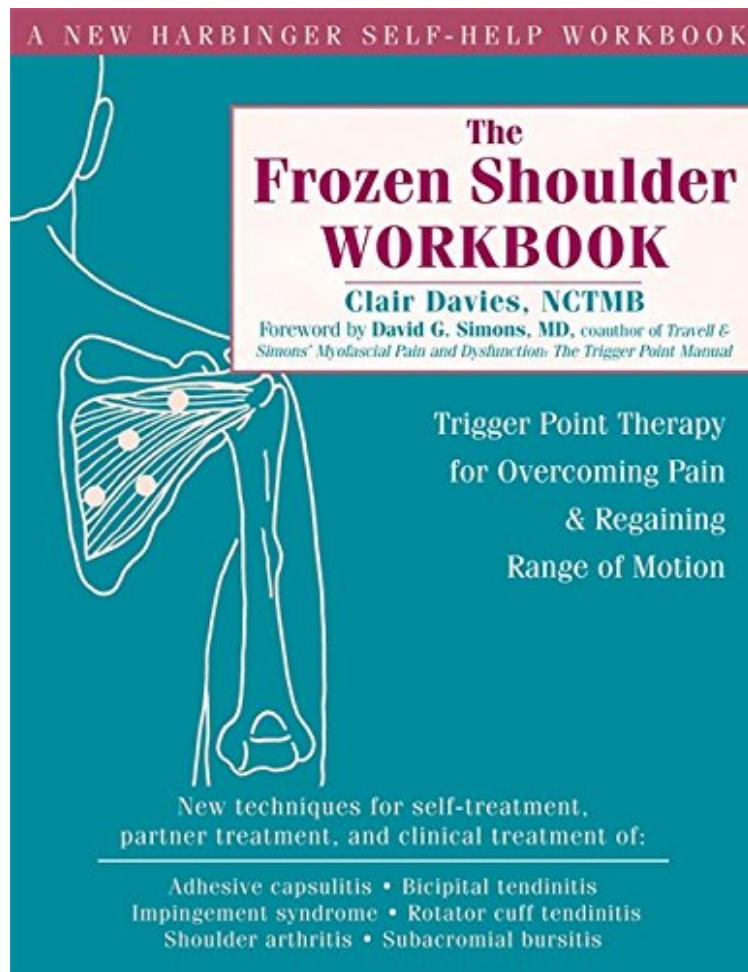


[Ebook pdf] The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion

The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion

Clair Davies NCTMB

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#50611 in Books Davies, Clair/ Simons, David G. (FRW) 2006-08Original language:EnglishPDF # 1 11.00 x .65 x 8.56l, 1.57 #File Name: 157224447X296 pages | File size: 74.Mb

Clair Davies NCTMB : The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion before purchasing it in order to gage whether or not it would be worth my time, and all praised The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion:

22 of 22 people found the following review helpful. Almost Unbelievable Relief!By Mom O'3After going to traditional physical therapy, 2 sessions a week for three months, and continuing to lose range of motion and have no pain relief, my PT sent me back to the orthopedist to seek surgery. The orthopedist said he would do surgery if I really wanted it, but that frozen shoulders will resolve on their own, given time. Enough said! There were no guarantees with

surgery, except painful recovery and bills. But now without therapy, my muscles began to tighten up so badly that my shoulder began to draw in, my muscles felt like piano wire... such bad memories! Fortunately I found this book and, although a skeptic, desperation drove me to buy it and read it. I was also very fortunate that I was able to find a therapeutic massage therapist locally who was familiar with the methods. Three visits to her in about two weeks time and I was worlds better! This was not your relaxing little massage, but still way less painful than PT sessions. When my other shoulder started to freeze up, it took only 2 sessions to stop it's progression. I would quickly add, I suffered from chronic back pain for decades and not until one PT did some deep massage did ANYthing help. Such a simple thing I wish I had discovered sooner. --It has been about 4 years since my shoulders were bad, but because I just recommended this book to a friend and looked it up again, I decided to write a review about my own experience for those it might help.0 of 0 people found the following review helpful. Great book! It's already teaching me so much about ...By EliotGreat book! It's already teaching me so much about the way my shoulder works and the muscles. I have been testing out all of the massages on my messed up left shoulder. Everyday I'm seeing an improvement to my range of motion. This book covers the very real and useful application of massage to muscles. I work at a gym where we focus on using "floss" on our limbs, and even vibrating rollers and balls, and it has done wonders to fix pain in my knee especially and other joints. Most people turn to drugs and surgery to fix pain, DON'T make that mistake. Work on your muscles. We thrive on using smartphones everyday, which causes overuse in certain muscles. Get to know your body and never look for the easy way out. There is no easy path in life if you want to be pain free or successful in work. You have to earn happiness.4 of 4 people found the following review helpful. Great BookBy DavidThe frozen shoulder is not understood well by medical doctors. The only advice they give is to give cortisone shots, physical therapy which basically moves your shoulder in a range of motion it does not want to go, and to wait it out.If you have had this you know how debilitating and painful it can be. The pressure points provided in this book gave me a great deal of relief that the doctors and therapists could not provide. It did not cure me, but it made my life better.

Powerful Techniques to Relieve Shoulder Pain and Stiffness Author Clair Davies' own case of frozen shoulder led him to undertake an extensive study of trigger points and referred pain that eventually resulted in his best-selling Trigger Point Therapy Workbook. Now this renowned bodywork expert and educator revisits the subject of frozen shoulder with The Frozen Shoulder Workbook, offering the most detailed and comprehensive manual available for this painful and debilitating condition, a useful resource for self-care-with and without a partner-and for bodywork practitioners looking to expand their treatment repertoire. Frozen shoulder, the syndrome name for several joint and tendon-related symptoms, is experienced as a loss of motion and pain in the shoulder and upper arm. It is most often observed in women between the ages of forty and sixty and individuals with type-two diabetes. Unlike traditional medical treatments for the condition, which rely on painkillers, steroid injections, and physical therapy and often do little to moderate symptoms or speed recovery, trigger point therapy can bring real and lasting relief. This gentle massage technique targets localized areas of tenderness in soft tissue. Put it to work for you to relieve pain, restore range of motion, and shorten recovery times.

A well-written exposition on a difficult subject. Daniel J. Wallace, MD, clinical professor of medicine at the University of California, Los Angeles, School of Medicine