



Treat Your Own Rotator Cuff

Jim Johnson

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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***

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