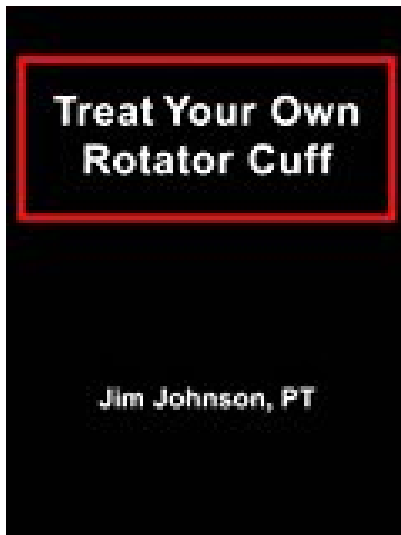


Treat Your Own Rotator Cuff



BOOK DETAILS

- Author : Jim Johnson
- Pages : 96 Pages
- Publisher : Dog Ear Publishing, LLC
- Language : English
- ISBN : 1598582062

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BOOK SYNOPSIS

Treat your own rotator cuff? Who needs to worry about that? According to the medical research, a lot of people. The rotator cuff, a group of four, flat tendons that connect to the critical muscles that stabilize your shoulder, can cause a lot more problems than you might think. Whether you already suffer from a rotator cuff problem, or simply want to prevent one, Treat Your Own Rotator Cuff will guide you step-by-step through an evidence-based program that can iron-plate your shoulders in just minutes a week.

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