



Treat Your Own Rotator Cuff

By Jim Johnson

Dog Ear Publishing, United States, 2007. Paperback. Book Condition: New. 278 x 204 mm. Language: English . Brand New Book. 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. Consider a few of these statistics from the published literature: .It s simply just a matter of time until the majority of shoulders get a rotator cuff tear. According to Magnetic Resonance Imaging (MRI) scans, approximately 4 of people under forty years of age have a torn rotator cuff. After age sixty, however, 54 of people have one (Sher 1995). .Once the rotator cuff gets torn, it doesn t look good either. One study followed a group of patients with tears in their rotator cuffs and found that 80 of the them went on to either enlarge or turn into full thickness tears-in less than a two-year period (Yamanaka 1994). As you can tell, rotator cuff problems aren t just for elite athletes. Seriously consider investing just a few minutes a...



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