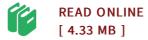


Treat Your Own Rotator Cuff

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 ...



Reviews

This pdf is so gripping and exciting. It can be full of knowledge and wisdom I am just effortlessly could get a enjoyment of reading a published pdf.

-- Henri Gutkowski

This ebook is definitely not straightforward to begin on studying but quite fun to read. It is one of the most awesome book i actually have go through. Once you begin to read the book, it is extremely difficult to leave it before concluding. -- Nelda Trantow I

Related eBooks

	ľ	

The Three Little Pigs - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...

_	

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...

_

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: Wet Feet (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...

_

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: The Red Coat (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...

=	

Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on...

_	

Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on...