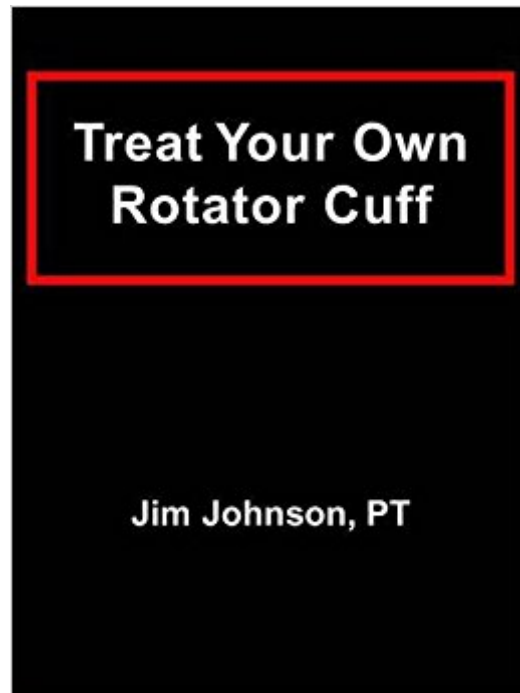




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Treat Your Own Rotator Cuff



Synopsis

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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Customer Reviews

Keeping your rotator cuff in shape is the single best weapon you have against shoulder pain. Why? Because your shoulder is a shallow ball and socket joint that relies heavily on your rotator cuff to keep it in place. Did you know your rotator cuff muscles contract every time you move your arm to protect and stabilize your shoulder joint? Out of shape rotator cuff muscles don't keep the "ball" in the "socket" - which creates excessive motion in the shoulder joint - extra motion that aggravates things and causes common problems such as bursitis, tendinitis, impingement syndrome, arthritis,

and more. On the other hand, keeping your rotator cuff strong and flexible with a few simple exercises is the best way to prevent and treat these problems - it's just that simple!

****For those with a specific rotator cuff problem - *Ã Â Treat Your Own Rotator Cuff*Ã Â is recommended instead of *Bulletproof Your Shoulder*. Ã Â -Jim Johnson, PT**

Pretty good book if you have shoulder problems. I can't be certain that it will work but he does a fantastic job explaining in common terms how the rotator cuff works and the issues that we commonly have. I'm a big believer that our medical system is completely screwed and the last thing of importance to the industry is curing us, so I love reading what others who have had success have to say. Clearly this is not a book for the medical industry because if people cure their own rotator cuff issues then the hospitals are our billions of dollars in surgery and drugs each year. I've been doing the stretches for about a week and will keep it up and see the progress. The book is real short and if you have issues raising your arms above your head or scratching the middle of your back then it's worth a shot before you do something stupid like visit the doctor. The only reason this got four stars is that the kindle book is not really a book, it's some sort of pdf like file so you can't control it, the pages just go one to the next, no resizing no underlying.

UPDATE 11/23/11 - I don't usually "update" my reviews as some do, but I wanted to extol the virtues of this very simple yet effective book and support the author in any way I can. Chances are if you are looking at reviews then you are where I was about two weeks ago. Searing, agonizing pain in my left shoulder anytime I lifted or rotated my arm a certain way. I have been doing these exercises for less than a week and I would estimate an almost complete recovery in my left shoulder. This is the same shoulder attached to the same arm that I couldn't lift to put on a sweater just ONE WEEK AGO. When sitting in a chair with arm-rests I had to keep my arm by my side because placing it on an arm-rest caused intense pain. I have been performing the stretching exercises the author recommends twice daily and will begin the strength training exercises as soon as I obtain a pair of light weights. I now understand that I have an inherent weakness in this shoulder so I hopefully continue doing these exercises. Once again, it is astonishing how quickly these exercises corrected my shoulder problems. To the author, once again, thank you....On a recent episode of **PARKS AND RECREATION**, the character of Ron Swanson comments on his philosophy of recommendations. He states (and I am abbreviating) that he doesn't recommend anything he doesn't use and love. He then goes on to extol the virtues of a "military-issue mustache

trimmer". Funny stuff. What isn't funny was the pain and discomfort I experienced until I purchased this invaluable book. As background, I am a 52 year old male, in reasonably decent shape. I do quite a bit of work around our house, which we just recently renovated. Lots of lifting, cutting, chopping, sawing....so a great deal of shoulder strain. About 3 months ago I developed a slightly stiff shoulder. Within a month this pain became almost unbearable. I was unable to lift my arm above shoulder length without SEARING pain in my shoulder area. My shoulder would not rotate, instead I had to move my entire body to accommodate my aching shoulder. I tried a prescription of Prednisone and when that didn't help I started taking three or four Advil just to do the basic, daily chores. I tried icing the shoulder, then slathering it with one of about 10 different rub-on liniments that people had recommended. I tried hot baths and hot showers. I used a compression shirt from UnderArmour because that seemed to help with my sore tennis elbow at times. Sleeping at night was a nightmare because every time I turned over the shoulder pain would wake me up. In fact, the only activity that provided any relief was raking leaves. Something in that motion was stretching out a muscle or a tendon, but then I ran out of leaves to rake. (One of the exercises in this book mimics the action of leaf-raking). All of these remedies provided at best, temporary relief. I never consulted a doctor or had an MRI done on the shoulder, but friends told me I had a frozen shoulder and possibly a tear in my rotator cuff. The pain got worse and worse until about a week ago when I needed help to raise my arm high enough so I could wear a sweater. Three days ago I received this book. Instead of just rushing to the chapters where the exercises are located I started at the beginning and I am really glad I did. The author provides detailed explanations and drawings, which fully describe the various joints, muscles, and tendons at work in the shoulder area. Then I got to the stretching exercises. After doing all the exercises that first day I noticed I slept a little more comfortably that evening. On the second day of performing the exercises I noticed about a 10% reduction in pain with some improved mobility. Now it is day three and I can't believe it but I CAN LIFT MY ARM ABOVE MY HEAD. Yes of course there is still some pain, but it isn't the searing stabbing pain I had experienced. In fact I just reached up for something on a high shelf without experiencing any stabbing pain. THESE EXERCISES REALLY DO WORK. I don't know if the exercises will work for everyone with agonizing shoulder pain but it is working for me. I cannot thank this author enough for making this book available so thank you, thank you, thank you!

I had 'frozen shoulder syndrome' (and experienced the typical two year recovery process), and found this book valuable in two ways:- it clearly explained the nature of the rotator cuff so I finally understood visually what was happening- it provided several helpful strengthening and stretching

exercises, towards recovering muscle tone and coping with a crippled rotator cuff while it very gradually recovered

I have had four rotator cuff surgeries, three on one shoulder. That's when I learned two things. First,, if you have more than two surgeries on one shoulder, you are risking losing so much strength in the cuff muscle that your shoulder becomes unstable. By that I mean, if you relax your deltoids, your shoulder may slide out of its socket. Second, don't trust surgeons. They spend a goodly part of their lives learning their specialty, to say nothing of the money involved. Now, it is human nature that this investment should bias them in favor of seeing tears in your rotator cuff when in fact there is nothing wrong with it. After my second surgery on one shoulder, I couldn't do certain exercises in physical therapy, so my PT sent me back to see the surgeon. He took another MRI. The radiologist said I had a hole in my rotator cuff. The surgeon agreed, and offered to do revision surgery. I saw another doctor. He also said he saw a hole in my RC, but he said my rotator cuff was so threadbare surgery would do no good unless he installed a cadaver patch, and I'd be in a cast for a couple of months. I saw a third surgeon. He agreed that I had hole in my rotator cuff but said, hell, lots of people have a hole in their rotator cuff and do nothing. I told him I was in pain and wanted something done. He directed me to "Dr. House"--well, a super doctor like him, except this doctor looked like Arnold Himself. I went to see him. He said he didn't want to see the MRI. He had me stand, manipulated my shoulder, and said he didn't think I had a tear, let alone a hole. Then he examined the MRI and asked me if the surgeon had done something to my biceps. I said yes. He said there's your problem. Your biceps slips out of its groove. I saw yet another sports surgeon who reached the same conclusion. They were right. My rotator cuff had no hole, and no tear. . Interpreting an MRI is an art, not a science. In the meantime, I discovered Jim Johnson's book, and I can tell you, I an convinced that had I read and implemented his approach to rotator cuff health years ago, I wouldn't have needed any rotator cuff surgeries. My physical therapist praised the book but said he would only recommend more reps for each exercise. (By the way, DrWes has a PhD, not an MD.)

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