

Shoulder Pain No More Book Review



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The author presents the reader with his compelling first-person narrative through shoulder injury and rehabilitation. The common thread that correct posture in daily activities and using the perfect form while exercising is paramount to preventing injuries of all parts of the body.

Developing a well thought-out and researched rehabilitation protocol, while listening to his body when the pain level increased, or was altered, the author devised a comprehensive program that is easy to reproduce. By explaining the anatomy of the shoulder joint, the mechanisms of possible injury and his rationale for choosing specific treatments and exercises, the reader is provided with a manual to direct their particular recovery program.

The personal insight provided by the journal entries lends a relatable touch and the details provided for the stretches and exercises ensure that that the reader is motivated on their own road to recuperation. I would recommend this book for use to the individual who needs a guide to recover from a minor shoulder injury, ensuring that the precautions laid out are carefully followed.

However, please remember that each person will have different results and to consult with a medical professional to ensure that damage to your shoulder is not more serious than you realize before beginning any exercise regime. Also, mention to your doctor all nutritional supplements and medications you may be taking to reduce the risk of drug interactions.

-- M. Goddard, MD

Dr Goddard is a fully qualified medical doctor with years of experience, specialising in Orthopaedic Surgery.