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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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Auzou. Paperback. Book Condition: New. Eleonore Thuillier (illustrator). Paperback. 32 pages. Dimensions: 8.2in. x 8.2in. x 0.3in. Mr. Wolf is in a very bad mood. This morning, he does not like his color anymore! He really wants to try another one, just to see...



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Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. Think Logically. Present Artistically. The myth: Programming is only for kids who are good at math and science. The...



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Klara is a little different from the other cows, because she has a very special...



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