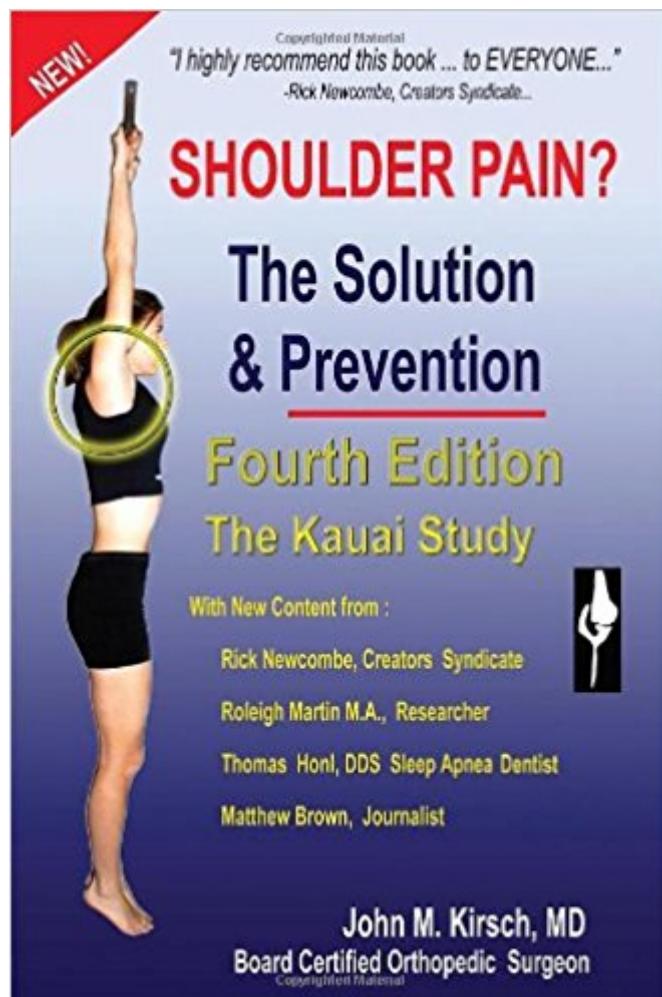


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# Shoulder Pain? The Solution & Prevention, Revised & Expanded



## **Synopsis**

This is a self-help book written by John M. Kirsch, M.D., an Orthopedic Surgeon for the public. It is the result of 25 years of research into a new and simple shoulder exercise program to treat and prevent rotator cuff tears, the impingement syndrome, and the "frozen shoulder." Testimonials and research CT scan images are included, as well as images of the exercises performed by models and patients.

## **Book Information**

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## **Customer Reviews**

I highly recommend this book ... to EVERYONE, those with shoulder pain and everyone else -- because Dr. Kirsch's hanging exercises and light dumbbell exercises will heal most shoulder ailments and prevent future episodes from occurring. My shoulder first started hurting in 2000, when I was 50. I had spent most of my life lifting heavy weights, and nearly all of my friends from the gym suffered similar shoulder pains. "Bone on bone" was a common expression at the gym to describe how our shoulders felt. I tried all sorts of physical therapy exercises and, within six months, was healed and able to use heavy weights again. Then in 2005 something popped in my right shoulder -- same spot where the pain was originally. Again, I tried everything, including physical therapy, acupuncture, light dumbbells, and this time it took 18 months before my shoulder healed and I was able to work out again at a normal pace. Exactly a year ago, I was using my right arm to put a heavy briefcase on the passenger side of my car, and it popped -- same pain, same place. I thought this was my fate and that I would never be able to workout again, which I loved so much for a variety of

reasons. During this past year I had two cortisone shots, and they only provided temporary relief. I did endless hours of physical therapy exercises and light dumbbell work. I avoided doing anything that exacerbated the pinched nerve. An orthopedic surgeon told me I had a tiny rotator cuff tear. As I was considering surgery, I started reading everything I could find on shoulder injuries. Once I found Dr. Kirsch's book, I ordered it for my Kindle. Once I started reading it, I couldn't put it down.

And I've been looking. Both my shoulders have been painful for at least two years. My name is Jon, I'm 44, and I have impingement syndrome. I think the trouble is mainly with the tendon of the short head of biceps and the infraspinatus - so front and back of the shoulder. I've now done four full hanging sessions (a session = about 8 mins of hanging broken into 30 sec intervals), and it is already obvious that this is doing me more good than anything I've tried so far. I've done one round of physical therapy that ended about 6 weeks ago. I keep trying exercises that seem to do no more than strain already painful areas. The aim here is to re-shape your shoulder, and to that end one needs to be prepared to make hanging a part of your routine - your lifestyle you might say. If it means I can a) play with my little boy without impingement pain and b) workout as enthusiastically as I want to, then I'm prepared to become a hanger. Sure am. Twice a day for a couple of months or so, and eventually down to maybe twice a week to keep things in the shape they need to be in. What relief! I've also been having elbow trouble - looked like a kind of variant of tennis elbow. It has been making it very hard for me to play the guitar. After just a couple of hangs the nasty click in my forearm on rotating my wrist has gone and my elbow feels a lot better. Many people insist that hanging is the key to sorting out lower back trouble too. I'll update in a couple of months or so.----well its over a year later and my enthusiasm for hanging as the basis for curing impingement syndrome in the shoulders is stronger than ever.

I am just going to tell you my experience and maybe you can relate. I am an active middle-aged male person and I like doing sports that heavily involve shoulder movements including tennis, football, basketball, golf and lifting weights. I have been dealing with a right shoulder that has pain that emanates from the top of the shoulder down the front of the shoulder that appears to be right at the rotator cuff joint. This pain would happen anytime I accidentally hit my arm against any solid object even a little bit or when I tried to lift say a suitcase with my right arm extended forward even a little bit. In the Gym when lifting I could barely lift 20 lb dumbbells with my right arm while being right handed had no problem doing so with my left and even with more weight. It was getting worse as I started waking up in the middle of the night as a stomach/side sleeper and realizing sharp pain in

my shoulder due to rolling on my right side actually woke me and I am a sound sleeper.I would try yoga before golfing and it worked enough to get me through the outing but the pain would just be managed and would ruin me the rest of the day. Tennis serves had become weak where they were once my strong shot and painful of course.I just thought I would have to deal with this and perhaps have an MRI and maybe surgery if there was a tear.In desperation I decided to look on the internet for possible solutions but everything seemed so varied and haphazard in the advice so I went to to look for a book that was recommended on another site and was buying it and saw books recommended by according to other customers and bought a couple other books including this one which was cheap enough considering my shoulder problem.

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