



Fixing You: Shoulder & Elbow Pain: Self-treatment for rotator cuff strain, shoulder impingement, tennis elbow, golfer's elbow, and other diagnoses.

Rick Olderman MSPT

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The shoulders are a floating system on the trunk, held in place and moved by muscular control. The foundation of shoulder movement is the shoulder blade which has precise resting and moving landmarks. Fixing You: Shoulder & Elbow Pain teaches you what these landmarks are and how to correct them to fix your shoulder pain. Likewise elbow pain such as tennis elbow also is influenced by the shoulder blade and upper arm bone. This book teaches you, using simple language and plenty of illustrations, how to fix the issues causing pain in both areas. Video clips of all exercises can be found at www.FixingYou.net by entering the code found in the book. This ensures faster results.

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