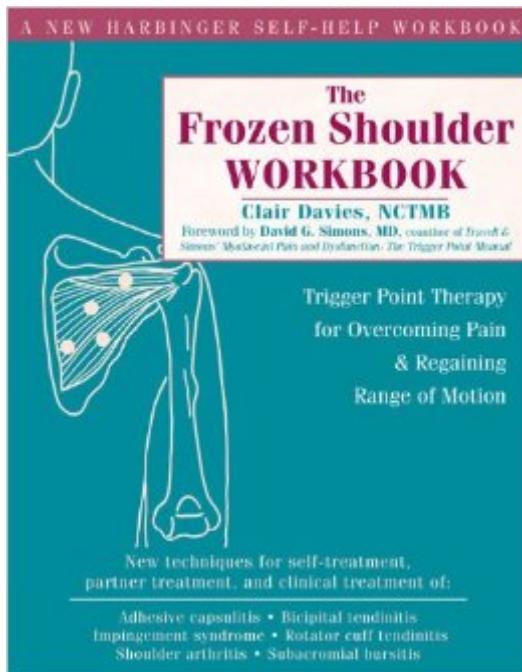


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# The Frozen Shoulder Workbook: Trigger Point Therapy For Overcoming Pain And Regaining Range Of Motion



## Synopsis

Powerful Techniques to Relieve Shoulder Pain and Stiffness Author Clair Davies' own case of frozen shoulder led him to undertake an extensive study of trigger points and referred pain that eventually resulted in his best-selling Trigger Point Therapy Workbook. Now this renowned bodywork expert and educator revisits the subject of frozen shoulder with The Frozen Shoulder Workbook, offering the most detailed and comprehensive manual available for this painful and debilitating condition, a useful resource for self-care-with and without a partner-and for bodywork practitioners looking to expand their treatment repertoire. Frozen shoulder, the syndrome name for several joint and tendon-related symptoms, is experienced as a loss of motion and pain in the shoulder and upper arm. It is most often observed in women between the ages of forty and sixty and individuals with type-two diabetes. Unlike traditional medical treatments for the condition, which rely on painkillers, steroid injections, and physical therapy and often do little to moderate symptoms or speed recovery, trigger point therapy can bring real and lasting relief. This gentle massage technique targets localized areas of tenderness in soft tissue. Put it to work for you to relieve pain, restore range of motion, and shorten recovery times. Â

## Book Information

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## Customer Reviews

I would like to tell you how the Frozen Shoulder Workbook helped me overcome a painful but common illness with no surgery or manipulation under anesthesia. I found relief!This past spring I fell while carrying a folding chair and bruised my ribs. Due to the rib pain I stopped my daily

stretching and swimming. I was also under a lot of stress at work. The rib healed but I began to have arm pain on reaching down. One time when plugging in a power cord I had shooting pains in my shoulder and arm. (ten on a 1 to 10 pain scale) I returned to swimming and found it to be painful so I went to my primary doctor. She said it was bursitis and gave me an anti-inflammation drug and sent me to physical therapy. It got worse and my shoulder froze up. PT was no help and the pain got worse. X-rays showed a normal joint when I went to a shoulder specialist. He said it was bursitis and possible tendonitis. He gave me a cortisone shot in the shoulder and a prescription for a shoulder MRI, if it didn't resolve itself in a week. No relief from the shot and the MRI would have cost me US \$195 out of pocket so I looked for an alternate plan. I went to a Chiropractor and I sent off for this book. The Chiropractor told me I should have come to him sooner before the shoulder froze up. I could not lift my arm over my head, work was very difficult and nighttime required sleeping pills and painkillers. My neck muscles on that side were very tight and the scapula (shoulder blade) was not moving. (I learned that the scapula must rotate 30 degrees for the arm to reach over the head completely.) Clair Davies book is excellent, I began using his techniques to massage my tight neck, chest, shoulder, and arm muscles. The first thing to improve was the pain.

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