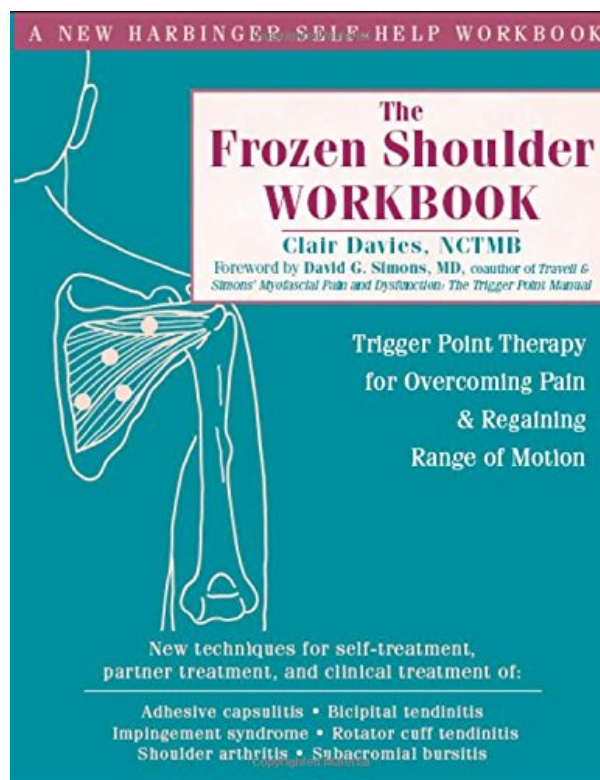
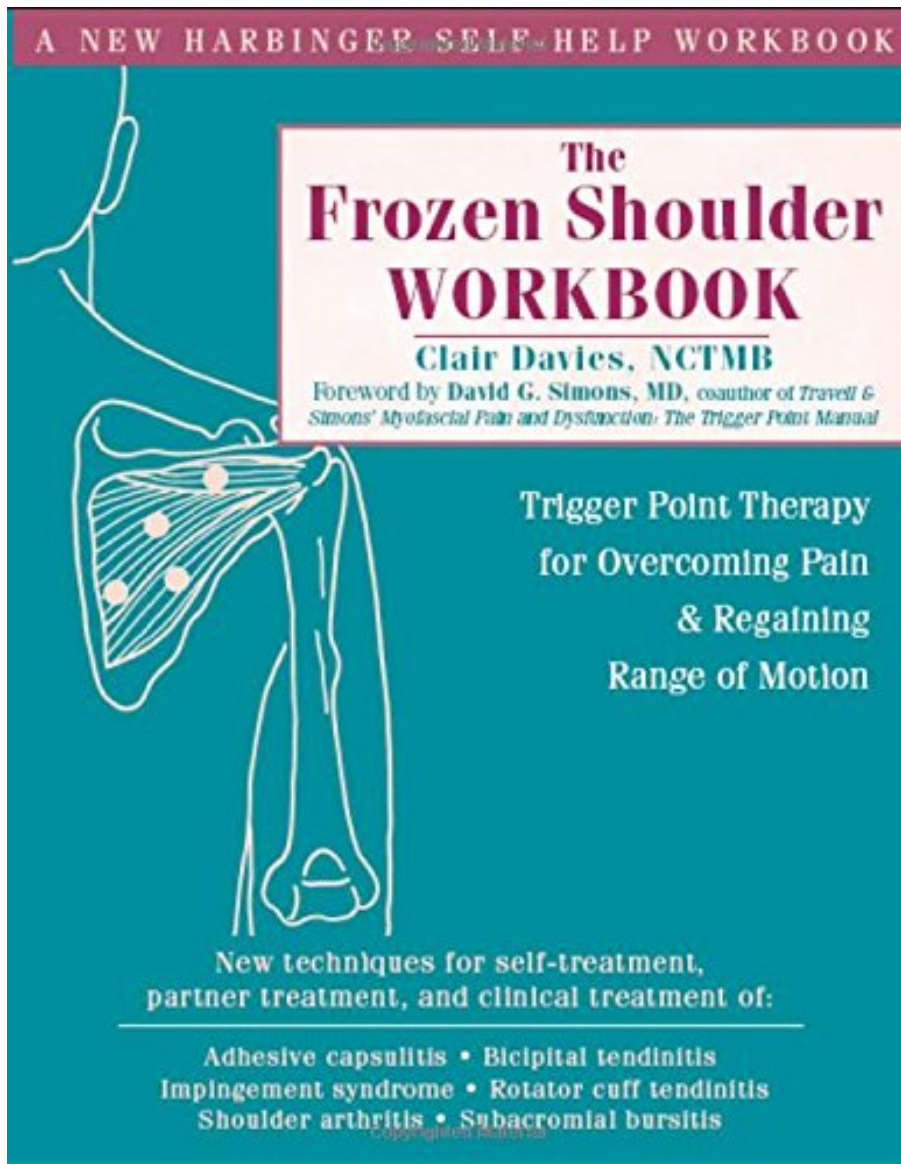


THE FROZEN SHOULDER WORKBOOK: TRIGGER POINT THERAPY FOR OVERCOMING PAIN AND REGAINING RANGE OF MOTION BY CLAIR DAVIES NCTMB



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Review

A well-written exposition on a difficult subject.

—Daniel J. Wallace, MD, clinical professor of medicine at the University of California, Los Angeles, School of Medicine

From the Publisher

From the renowned author of the best-selling *Trigger Point Therapy Workbook* comes this first-ever book of self-care techniques for frozen shoulder, a very common painful and mobility-restricting condition.

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Don't let inertia, lack of knowledge, or someone else's uninformed skepticism keep you from doing your own research. Try the therapy yourself and find out for yourself whether it works. Trigger point massage is such a simple therapy that most people are able to treat themselves.

Don't buy the myth that you have to endure this misery for a year or longer. (I cured my own frozen shoulder in four weeks.) If you have the initiative to assimilate and apply the information contained in *The Frozen Shoulder Workbook*, there's a good chance you can cure your own frozen shoulder too.

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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.

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- Dimensions: 11.00" h x .65" w x 8.56" l, 1.57 pounds
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Most helpful customer reviews

5 of 5 people found the following review helpful.

Ver helpful, detailed

By Dee

This is a good book with a wealth of information. It is very helpful, very detailed and while I think it helps, I think the Trigger Point Therapy is a good book to start with. If I had to choose between the two I would get the Trigger Point Therapy book first. I think that the FS Workbook can be a bit overwhelming if you have not read the Trigger Point book first. Of course everyone is different. I noticed others saying that this book was hard to get through. I found it hard to narrow down which trigger points in which muscles might be giving me problems so I looked in the Trigger Point book first then used this book for more detail into each muscle and possible trigger point to work on. I am glad I have both books.

6 of 6 people found the following review helpful.

Best money I ever spent!!

By Nicole A. Negron

I've recently been diagnosed with frozen shoulder. My orthopedist told me that in order to get relief I should do some muscle exercises at home but in order to really see improvement it would be best to see a physical therapist 3-4 TIMES A WEEK!!! For those readers who don't know, physical therapy sessions are very expensive. I did a search on frozen shoulder and I found The Frozen Shoulder Workbook. I started self treating at home with the massage techniques it discussed. My shoulder is sooo much better. I've regained a lot of the mobility and range of motion that I lost in only a short amount of time. My orthopedist said it may take 1-2 years to get all of my range of motion back but the way my progress is going I don't think it will be nearly that long at all. YEA!!! If you've been diagnosed with frozen shoulder definitely get this book. It is well worth it!!

5 of 5 people found the following review helpful.

It worked

By dpgreen

Left shoulder pain started in November 2011 after a flu shot. Within a few days when I went to the gym the left side was 30%+ weaker than the right side. It got so bad that I couldn't even walk to the mailbox without severe pain. I went to the orthopedic doc and was diagnosed with frozen shoulder. I was told to expect a year to two year long ordeal, getting worse until completely frozen, then gradually getting better. I found that massage helped give relief but only for half a day. My massage therapist recommended that I use a theracane to treat myself more often. When looking for one on Amazon I ran across the frozen shoulder workbook. While it did not completely cure me as some have claimed, it gave me tremendous improvement and my shoulder never froze (in fact it was back to 100% motion in 3 months). At 4 weeks I was back in the gym and running (although still with weakness) I still have to work on it every day, and I still show some signs of capsulitis, but I am regaining my strength and it doesn't interfere with my everyday life. Bottom line...I recovered enough within a few weeks to be able to live normally (although with some weakness and mild pain), and continue to make progress with no restrictions in motion. My orthopedic said I was an "unusual" case.

See all 164 customer reviews...

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