

Treat Your Own Rotator Cuff

Jim Johnson, PT

Treat Your Own Rotator Cuff By Jim Johnson Jan 7 2007

Zach Calhoon



Treat Your Own Rotator Cuff By Jim Johnson Jan 7 2007:

Treat Your Own Rotator Cuff Jim Johnson, 2006 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 week doing the simple exercises in this book if you have been diagnosed with either a partial or full thickness rotator cuff tear yes many studies show that even full thickness tears can be helped with exercise experience shoulder pain do upper body weight lifting have a job or play a sport where you do a lot of work with your arms above shoulder level have been diagnosed with impingement syndrome want a healthy and properly functioning rotator cuff So whether you already suffer from a rotator cuff problem or simply want to prevent one Treat Your Own Rotator Cuff will guide you step by step through an evidence based program that can iron plate your shoulders in just minutes a week Jim Johnson P T is a physical therapist who has spent over fifteen years treating both inpatients and outpatients with a wide range of pain and mobility problems He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution Treat Your Own Knees The No Beach No Zone No Nonsense Weight Loss Plan A Pocket Guide to What Works and The Sixty Second Motivator His books have been translated into other languages and thousands of copies have been sold worldwide Besides working full time as a clinician in a large teaching hospital and writing books Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States

Treat Your Own Hand and Thumb Osteoarthritis Pt Jim Johnson, 2012 Drawing from the latest research Treat Your Own Hand and Thumb

Osteoarthritis is a friendly manual that offers a simple yet effective program for those who suffer from hand and thumb osteoarthritis Illustrated with over 100 step by step photographs readers will find easy to follow exercises that are designed to make their hands less stiff much stronger more coordinated and less painful Perhaps best of all the exercises can be done in the privacy of one s home with little cost or equipment and they take just a few minutes each day to do Jim Johnson P T is a physical therapist who has spent over twenty one years treating both inpatients and outpatients with a wide range of pain and mobility problems He has written many books based completely on published research and controlled trials including The Sixty Second Motivator Treat Your Own Rotator Cuff The 5 Minute Plantar Fasciitis Solution Treat Your Own Knee

Arthritis Exercise Beats Depression Treat Your Own Tennis Elbow Treat Your Own Achilles Tendinitis and Treat Your Own Spinal Stenosis His books have been translated into other languages and thousands of copies have been sold worldwide Besides working full time as a clinician in a major teaching hospital and writing books Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States

Treat Your Own Knees Jim Johnson,2003 Jim Johnson has researched hundreds of scientific journal articles to find and test the simplest most effective do it yourself treatments for knee pain In this compact and accessible book he shows readers exactly how to improve and maintain the functioning of their knees by enhancing the four crucial abilities every knee must have muscular strength flexibility responsiveness proprioception endurance A chapter is devoted to each of these four functions showing why they are essential The reader is shown exactly how to do simple home exercises designed to restore or improve that particular ability The last chapter is a master plan that pulls together all the concepts and exercises into a time efficient exercise program The author guides the reader effortlessly through the exercise routine Clear drawings illustrate the muscles responsible for knee pain and the exact way to do the exercises All the information is based on research trials and studies and evidence from peer reviewed journals The author has chosen for this book the best techniques for relieving knee pain

Treat Your Own Hand and Thumb Osteoarthritis Jim Johnson,2019-05-06 end pain get rid of stiffness grip things easier improve hand coordination move your hands easier manipulate small objects better relieve thumb pain Drawing from the latest research Treat Your Own Hand and Thumb Osteoarthritis is a friendly manual that offers a simple yet effective program for those who suffer from hand and thumb osteoarthritis Illustrated with over 100 step by step photographs readers will find easy to follow exercises that are designed to make their hands less stiff much stronger more coordinated and less painful Perhaps best of all the exercises can be done in the privacy of one s home with little cost or equipment and they take just a few minutes each day to do

Treat Your Own Knees Jim Johnson,2003-11-11

107 Rotator Cuff Exercises Zach Calhoon,2016-10-11 Hey How is your shoulder Do you want to stop rotator cuff pain and build a strong durable shoulder for life You can Starting today Most shoulder issues come from a weak posterior and internal rotation immobility lack of strength and range of motion on the back side of your shoulder In this comprehensive guide you will strengthen your posterior cuff to an elite level And With the proper focused stretching you will increase shoulder mobility and flexibility To build the knowledge and experience to complete this guide took many years Every exercise has been researched and completed to maximize shoulder health in the shortest possible time The importance of this guide all started from shoulder pain and the struggle to recover Once the proper exercises were discovered Shoulder health became easy In this guide you will be walked through 107 exercises that clearly show how to care for a rotator cuff at your own pace Each workout is simple and easy to understand You will get clear instruction of the movement the feeling the focus key points reps and expected difficulty You should expect fast shoulder results You should expect your shoulder to be stronger

sooner Without the struggle of soreness and pain With this guide focused on posterior cuff strength and flexibility here is what to expect Treat rotator cuff aches Relieve frozen shoulder Overcome calcium deposits Subside pain Fix shoulder your impingement And most importantly avoid surgery Imagine lifting your arm with strength and confidence Imagine living life without fear of knife stabbing pain or deep shoulder aches Today you will begin your shoulder freedom journey And it will last Zach Calhoon spent 15 years as a baseball pitcher He saw success and broke records on the division 1 level With these rotator cuff exercises his fastball reached 95 MPH Here are details from this book Shoulder Anatomy Breakdown The joint muscles ligaments and tendons Know your shoulder from the inside out so you can dominate shoulder health Shoulder movement defined How your shoulder should move and the exact names for each movement Common shoulder injuries and how they feel Avoid tears impingements instability arthritis and inflammation at all cost Learn 107 workouts that actually work Plus the exact shortcut I use to maintain shoulder health for life This book is only a few dollars but the content you can use for life Go ahead and buy this book right now If you decide to not use this guide you will come back I hope you do not come back to this book with a shoulder tear Do not look back and wonder about shoulder freedom and clean health You can achieve your goals but you must start today Remember shoulder health is possible through these exercises But you won't know if you don't try it

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