



Treat Your Own Rotator Cuff

By Jim Johnson

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Based entirely on research from peer-reviewed journals and randomized controlled trials, *Treat Your Own Rotator Cuff* is a complete program to prevent and rehabilitate rotator cuff injuries for athletes and non-athletes alike. In less than 100 pages, readers will learn precisely how the rotator cuff works, what can go wrong with it, and then are guided step-by-step through an evidence-based program that takes just *minutes* a week to complete. Drawing from the latest rotator cuff research, *Treat Your Own Rotator Cuff* will be especially useful for those who have been diagnosed with either a partial or full-thickness rotator cuff tear, experience shoulder pain, do upper body weight lifting, play a sport or have a job that involves repeated arm motions above shoulder level, have been diagnosed with "impingement syndrome," or for anyone simply wanting a healthy and properly functioning rotator cuff.

Also by this author: *Treat Your Own Knee Arthritis*, *Treat Your Own Spinal Stenosis*, and *Treat Your Own Tennis Elbow*

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Editorial Review

From the Author

Keeping your rotator cuff in shape is the single best weapon you have against shoulder pain. Why?

Because your shoulder is a shallow ball and socket joint that relies heavily on your rotator cuff to keep it in place. Did you know your rotator cuff muscles contract every time you move your arm to protect and stabilize your shoulder joint?

Out of shape rotator cuff muscles don't keep the "ball" in the "socket" - which creates excessive motion in the shoulder joint - extra motion that aggravates things and causes common problems such as bursitis, tendinitis, impingement syndrome, arthritis, and more. *On the other hand, keeping your rotator cuff strong and flexible with a few simple exercises is the best way to prevent and treat these problems - it's just that simple!*

From the Back Cover

****For those with a specific rotator cuff problem - *Treat Your Own Rotator Cuff* is recommended instead of *Bulletproof Your Shoulder*.**

-Jim Johnson, PT

About the Author

Jim Johnson, P.T. is a physical therapist who has spent over twenty-four 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 *Treat Your Own Carpal Tunnel Syndrome*, *Treat Your Own Tennis Elbow*, *Treat Your Own Hand and Thumb Osteoarthritis* 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 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.

Users Review

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Edward Gilbert:

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