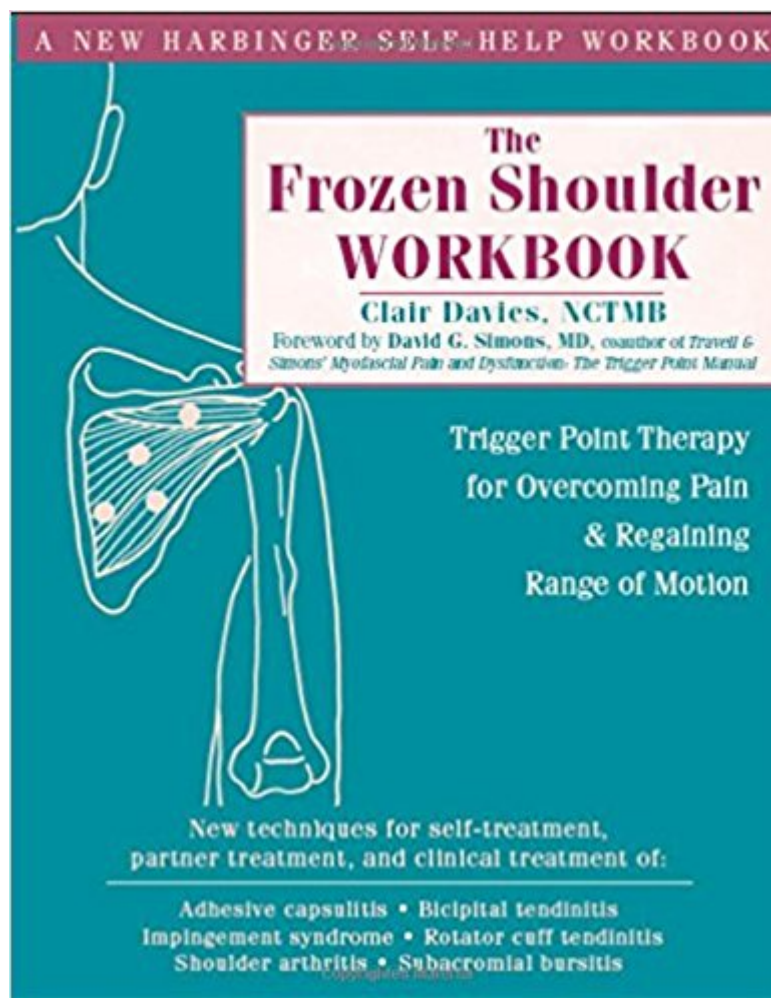




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# **The Frozen Shoulder Workbook: Trigger Point Therapy For Overcoming Pain And Regaining Range Of Motion**



## 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. ã Æ

## Book Information

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## Customer Reviews

A well-written exposition on a difficult subject. ã Æ ã Æ •Daniel J. Wallace, MD, clinical professor of medicine at the University of California, Los Angeles, School of Medicine

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.

Great book! It's already teaching me so much about the way my shoulder works and the muscles. I have been testing out all of the massages on my messed up left shoulder. Everyday I'm seeing an improvement to my range of motion. This book covers the very real and useful application of massage to muscles. I work at a gym where we focus on using "floss" on our limbs, and even vibrating rollers and balls, and it has done wonders to fix pain in my knee especially and other joints. Most people turn to drugs and surgery to fix pain, DON'T make that mistake. Work on your muscles. We thrive on using smartphones everyday, which causes overuse in certain muscles. Get to know your body and never look for the easy way out. There is no easy path in life if you want to be pain free or successful in work. You have to earn happiness.

I am using this book while I recover from bilateral frozen shoulders. Excellent detailed review of mechanics of shoulder. Not a book for you unless you really want details. I found it excellent

This book provides a really comprehensive guide to trigger therapies, which is an alternative to typical options for treating frozen shoulder. I appreciate that it offers both self-treatment and partner treatment. The language is pretty clinical/medical, so it offers a lot of information but it's not very easy to just flip through. There are diagrams to help illustrate what the author is talking about, though.

I am 36, and bought this book two years ago to help with various symptoms I had been experiencing for a long time: neck pain, right shoulder pain, numbness in arm/hand, muscle weakness in arm and shoulder, extreme difficulty sleeping, stiffness, burning, joint pain, frozen shoulder. I tried physical therapy and massage therapy, but found that most of them weren't even trained in this area. The author of this book must have had specialty training and its unfortunate that this isn't wide knowledge for P.T's and massage therapists. Only my chiropractor was familiar with all these symptoms. He has now shared this book title with similar patients to my symptoms. He also hired a massage therapist in his office that understood the trigger point therapy. In my case, my rotator cuff injury did not respond well to the longer conservative route. But this book did mention the different cases and reasons why this could come up. It has a chapter that explains in thorough

detail about the rotator cuff, decompression, ac mumford surgery. This was valuable in helping feel comfortable to finally schedule my surgery. And now I will use the book's chapter describing excercizes to strengthen and gain back mobility in my right arm. This book is valuable if you are willing to take the time with your own recovery!

i tried the old routine, you know, the one that all the orthopedic doctors tell you to do..... physical therapy, for months- maybe even years ! oh, and lets not forget...surgery, they want to go right in there and get your shoulder all worked out and then send you for months of aggressive PT !!! This book is wonderful, within one week of doing this trigger point therapy, my pain and discomfort was reduced significantly. Such relief, I am so grateful for this book ! I also found a massage therapist who specializes in trigger point therapy, I went to see her once a week for two months and that helped also. I know everyone is different and what works for one - may not work for all.... but if you are sick of pain meds and want to find some relief from your "frozen shoulder", I hope that you give this book a chance !!!!

If you have shoulder problems, or notice any weird arm mobility issues (check yourself, you may be surprised how hard it is to do a superman properly flat on the ground) this is worth every penny x 1000 Sure you should probably see an ART chiro, PT, etc, but I needed to understand how to fix myself on my own in addition to getting professional medical help. It's very inexpensive compared to seeing a doctor even once let alone multiple times a week.

After going to traditional physical therapy, 2 sessions a week for three months, and continuing to lose range of motion and have no pain relief, my PT sent me back to the orthopedist to seek surgery. The orthopedist said he would do surgery if I really wanted it, but that frozen shoulders will resolve on their own, given time. Enough said! There were no guarantees with surgery, except painful recovery and bills. But now without therapy, my muscles began to tighten up so badly that my shoulder began to draw in, my muscles felt like piano wire... such bad memories! Fortunately I found this book and, although a skeptic, desperation drove me to buy it and read it. I was also very fortunate that I was able to find a therapeutic massage therapist locally who was familiar with the methods. Three visits to her in about two weeks time and I was worlds better! This was not your relaxing little massage, but still way less painful than PT sessions. When my other shoulder started to freeze up, it took only 2 sessions to stop it's progression. I would quickly add, I suffered from chronic back pain for decades and not until one PT did some deep massage did ANYthing help.

Such a simple thing I wish I had discovered sooner. --It has been about 4 years since my shoulders were bad, but because I just recommended this book to a friend and looked it up again, I decided to write a review about my own experience for those it might help.

Lots of good information here. I have found and successfully treated many trigger points causing my painful shoulder using this book which has provided some relief. I prefer to use the tennis ball or high-bounce ball in a sock technique to get to my trigger points. The book also has a lot of information in it to help you identify why you are having the pain and what you can do to eliminate bad habits. I haven't been able to completely fix my shoulder myself so I'm going to a trigger point massage therapist also. Between the two, I think this will eventually rid me of pain.

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Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1)  
The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook)  
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Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries  
Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief  
The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition  
Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB  
Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief  
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