



Shoulder Pain? The Solution & Prevention, Revised & Expanded

John M. Kirsch M.D.

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This is a self-help book written by John M. Kirsch, M.D., an Orthopedic Surgeon for the public. It is the result of 25 years of research into a new and simple shoulder exercise program to treat and prevent rotator cuff tears, the impingement syndrome, and the "frozen shoulder." Testimonials and research CT scan images are included, as well as images of the exercises performed by models and patients.

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