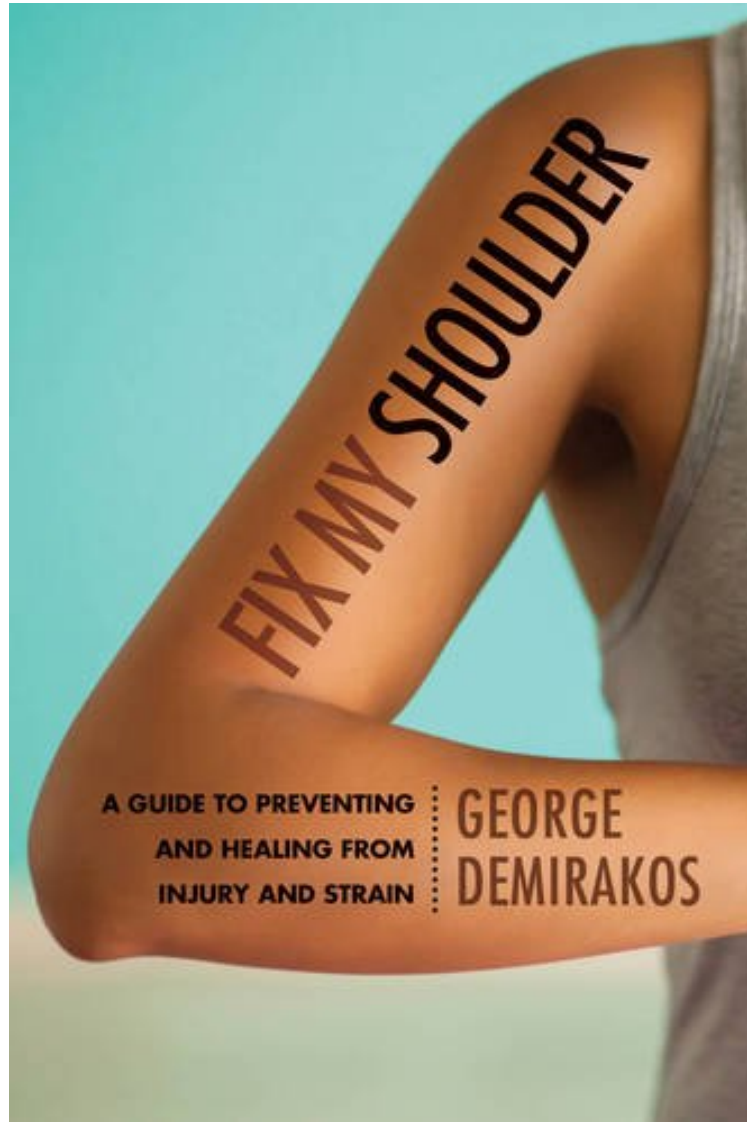


[PDF] Fix My Shoulder: A Guide to Preventing and Healing from Injury and Strain

Fix My Shoulder: A Guide to Preventing and Healing from Injury and Strain

George Demirakos

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George Demirakos : Fix My Shoulder: A Guide to Preventing and Healing from Injury and Strain before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fix My Shoulder: A Guide to Preventing and Healing from Injury and Strain:

The shoulder is the most mobile joint in the body. It enjoys an amazing range of motion; it can rotate 360 degrees and can extend upward, sideways, across the body, outward, inward, every which way. That makes it the most useful joint we have, and, not surprisingly, we use it the most. Lifting, pushing, pulling, throwing, catching, hugging: the shoulder experiences more motion than any other joint. So it is perhaps not surprising that, sooner or later, it becomes overtaxed/fatigued. After all, as with anything, if you keep applying the same pressure over and over, the strength and stability of the structure being pressured will wear down. That's what happens to the shoulder, and when it does, it's not only painful; it can also stop you in your tracks, limiting your ability to do even simple things you're used to doing. The truth is that if you've never felt any kind of shoulder pain whatsoever, the chances are good that as you grow older, you will. Our bodies tend to lose muscle and bone mass as we age, and we become more susceptible to the aches and pains that may result. But neither the weakness nor the pain is inevitable. The shoulder can be fixed, and the pain can go away. First, there's a fix that cures the weakness and ends the pain. But there are also things you can do to prevent injury or strain in the first place, so that you never have to lose the strength, stability, and range of motion of the shoulder at all. *Fix My Shoulder* explores the anatomy and function of the shoulder, methods of preventing pain and injury, and treatments for healing that anyone can implement for better shoulder health and function.

This book offers an in-depth look at the shoulder by focusing on its anatomy, what can go wrong with it, how to fix it, and how to prevent problems with it. *Fix My Shoulder* will help readers understand how to prevent or correct shoulder injuries and avoid painful interventions. About the Author: George Demirakos is a licensed physical therapist and certified athletic therapist who has worked with the Montreal Canadiens professional hockey team, the Canadian Tennis Championships, and with athletes in the 2004 and 2012 Olympic Games. He is currently the clinic director, senior physiotherapist, and leader of the sports medicine team of the Club Sportif MAA in downtown Montreal, and has served on the Advisory Boards of the McGill Faculty of Physiotherapy, and Sports Physiotherapy Canada - the nation's professional association for sports physiotherapists. George worked as a physiotherapist on the set of *Mummy 3* as well as *X-Men: Days of Future Past*.