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The From Ouch to Aaah!: Shoulder Pain Self Care book is an easy to read, user-friendly manual of how to treat and heal your own shoulder injury. Most shoulder conditions can be successfully addressed and healed with simple self-care and attention to the involved muscles — the rotator cuff.

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Ouch to Aaah is the perfect book for your clients to understand their shoulder injuries. a clear overview of the shoulder in layman's terms; effective and soothing stretches for tight muscles; easy-to-do strength training exercises for weak muscles valuable suggestions for sleep positioning — one of the most significant and impactful ...

### **From Ouch to Aaah! - Massage Publications**

The condition develops when cartilage cushions between the

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bones in the shoulder erode, causing the bones to rub against one another. There are numerous treatments for osteoarthritis, including rest, modifications to activities, anti-inflammatory drugs, corticosteroid injections, and surgery in some cases, says Dr. Ramappa.

### **Ouch! Shoulder pain and how to treat it - Harvard Health**

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and From Ouch to Aaah! Shoulder Pain Self Care, all of which are available at [www.CrossCountryEducation.com](http://www.CrossCountryEducation.com). Ms. Lamb is an approved CE provider for the Texas Department of Health, the National Certification Board for Therapeutic Massage and

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