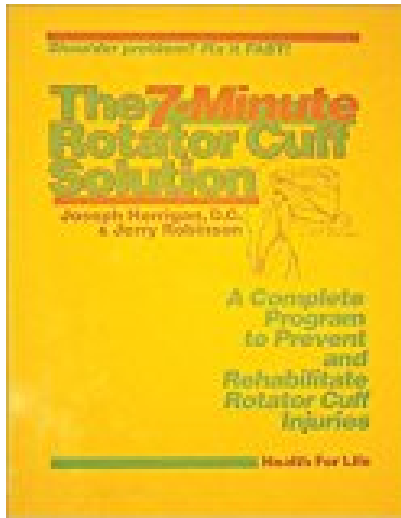


7 Minute Rotator Cuff Solution



BOOK DETAILS

- Author : Jerry Robinson
- Pages : 140 Pages
- Publisher : Health for Life
- Language : English
- ISBN : 0944831257



BOOK SYNOPSIS

Presents a quick, simple exercise program to help prevent (or assist in recovery from) rotator cuff injuries. Describes how the shoulder works, what can go wrong and why, what to do (and not do) to keep shoulder problems from developing.

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