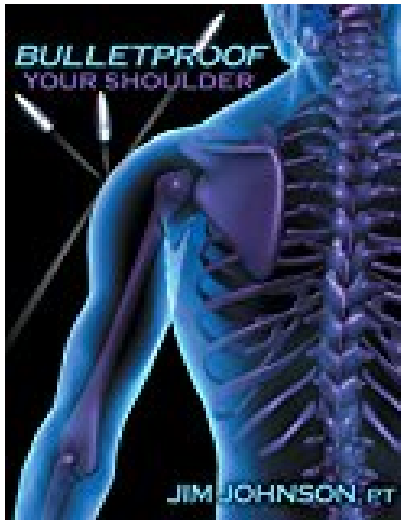


# Bulletproof Your Shoulder

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## BOOK DETAILS

- Author : Jim Johnson
- Pages : 94 Pages
- Publisher : Dog Ear Publishing, LLC
- Language : English
- ISBN : 1457527243

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## BOOK SYNOPSIS

A "bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder Program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain, athletes, workers who do repetitive arm activities, or anyone who simply wants to get rid of or avoid shoulder problems. Jim Johnson, P.T. is a physical therapist who has spent over twenty-three years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including Treat Your Own Hand and Thumb Osteoarthritis, Treat Your Own Knee Arthritis, Treat Your Own Carpal Tunnel Syndrome and Treat Your Own Achilles Tendinitis. His books have been translated into other languages, and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

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