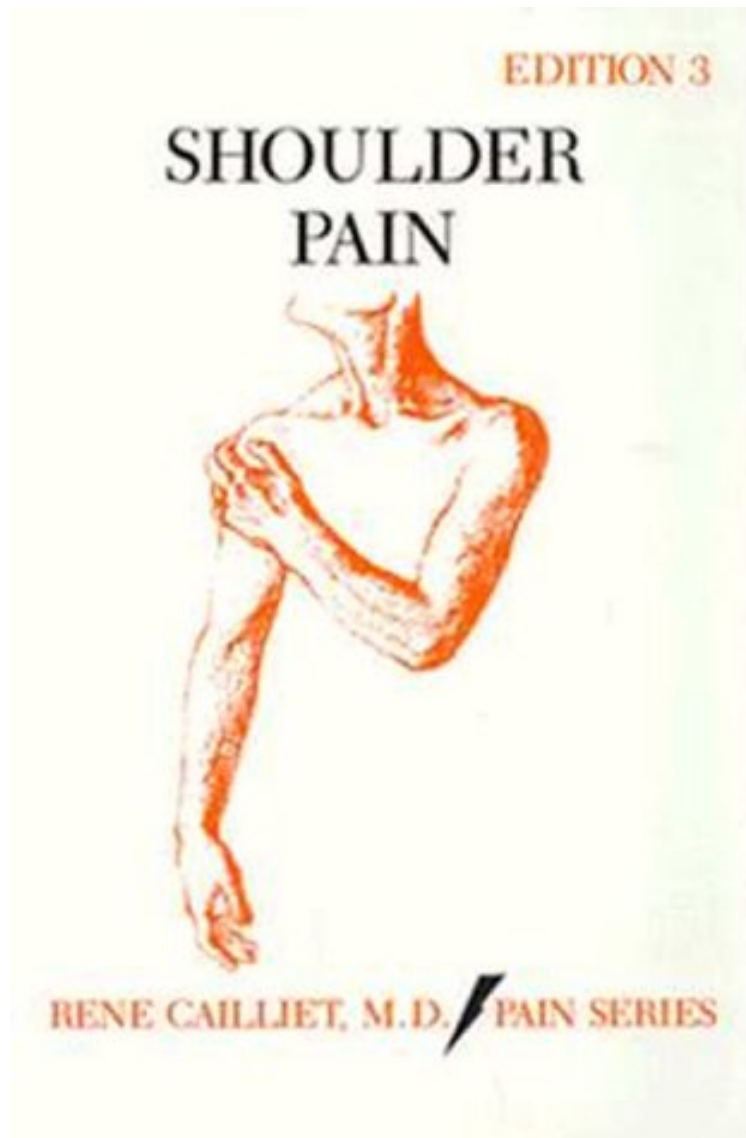


## Shoulder Pain

*Rene Cailliet*

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**Rene Cailliet : Shoulder Pain** before purchasing it in order to gage whether or not it would be worth my time, and all praised Shoulder Pain:

1 of 1 people found the following review helpful. Not For Self-HelpBy Silence DogoodMuch detailed for the clinician-therapist but of very littlevalue to the average reader. There is no explanationof what the sufferer can do to alleviate pain.Most books by this author follow this pattern.25 of 27 people found the following review helpful. Thorough but not an easy readBy A CustomerIf you have a rotator cuff tear, as I do, this book is helpful. It is very thorough about

the structure and function of the shoulder, but not too clear on what to do about it, except for a description of the Codman exercises, which I have found very beneficial. It seems to have been written mostly for medical people. It could be better on the nuts and bolts of treatment. I recommend buying the 7 Minute Rotator Cuff Solution along with it. Neither book talks at all about supplements. I recommend reading The Miracle of MSM and taking supplements that reduce inflammation and improve joint pain. 2 of 2 people found the following review helpful. evolutionary wonder By Michael Amendolara The shoulder is perhaps the most adaptable mechanical wonder of the human body. This book explicates its broad range of motion due to the fact that the shoulder joint ie. glenohumeral, shoulder blade, arm/hand, and clavicle have only one articulation with the rest of the skeletal trunk at the sternum ie. sternoclavicular. The rest is muscular or ligamental; breathtaking in its functional structure. An excellent argument for developing upper-body strength as an adolescent. For more therapeutic info look at the image page on google for "codman exercise".

This popular series, by a distinguished professor of physical medicine, has proved helpful to physicians and therapists all over the world. Each book offers sound, common-sense guidance in diagnosing and treating painful and disabling conditions. In every book, the author's lucid text and instructional drawings provide a strong foundation in the basic and functional anatomy of the pain's region. He discusses various painful conditions and shows how each condition is related to the abnormal mechanism causing the pain or disability. Specific and practical suggestions for treatment help to correct or alter the abnormality discovered from the history and physical examination. Details on the individual books follow.