

# The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion

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## Powerful Techniques to Relieve Shoulder Pain and Stiffness

Author Clair Davies' own case of frozen shoulder led him to undertake an extensive study of trigger points and referred pain that eventually resulted in his best-selling Trigger Point Therapy Workbook. Now this renowned bodywork expert and educator revisits the subject of frozen shoulder with

### The Frozen Shoulder Workbook

, offering the most detailed and comprehensive manual available for this painful and debilitating condition, a useful resource for self-care-with and without a partner-and for bodywork practitioners looking to expand their treatment repertoire.

Frozen shoulder, the syndrome name for several joint and tendon-related symptoms, is experienced as a loss of motion and pain in the shoulder and upper arm. It is most often observed in women between the ages of forty and sixty and individuals with type-two diabetes. Unlike traditional medical treatments for the condition, which rely on painkillers, steroid injections, and physical therapy and often do little to moderate symptoms or speed recovery, trigger point therapy can bring real and lasting relief. This gentle massage technique targets localized areas of tenderness in soft tissue. Put it to work for you to relieve pain, restore range of motion, and shorten recovery times.

From the renowned author of the best-selling Trigger Point Therapy Workbook comes this first-ever book of self-care techniques for frozen shoulder, a very common painful and mobility-restricting condition.

If you're enduring the misery of a frozen shoulder, you need to know that "adhesive capsulitis" is almost always a mistaken diagnosis. Unless your shoulder has been "frozen" for several months or years, adhesions haven't had time to form. Unfortunately, most of what you hear from the medical establishment and find on the internet is outdated, parroted dogma about adhesive capsulitis.

Your shoulder pain and stiffness is almost certainly caused by myofascial trigger points (tiny contraction knots) in muscles associated with the shoulder. Trigger points are easily treated, and good results usually come very quickly. These are medically proven facts, although very few medical schools teach them as yet, and most doctors are still out of the loop.

Even so, thousands of massage therapists, physical therapists, and a growing number of physicians have studied trigger point therapy independently and are using it to successfully treat shoulder pain and frozen shoulder.

Don't let inertia, lack of knowledge, or someone else's uninformed skepticism keep you from doing your own research. Try the therapy yourself and find out for yourself whether it works. Trigger point massage is such a simple therapy that most people are able to treat themselves.

Don't buy the myth that you have to endure this misery for a year or longer. (I cured my

own frozen shoulder in four weeks.) If you have the initiative to assimilate and apply the information contained in The Frozen Shoulder Workbook, there's a good chance you can cure your own frozen shoulder too.

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