



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

Clair Davies NCTMB

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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.

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