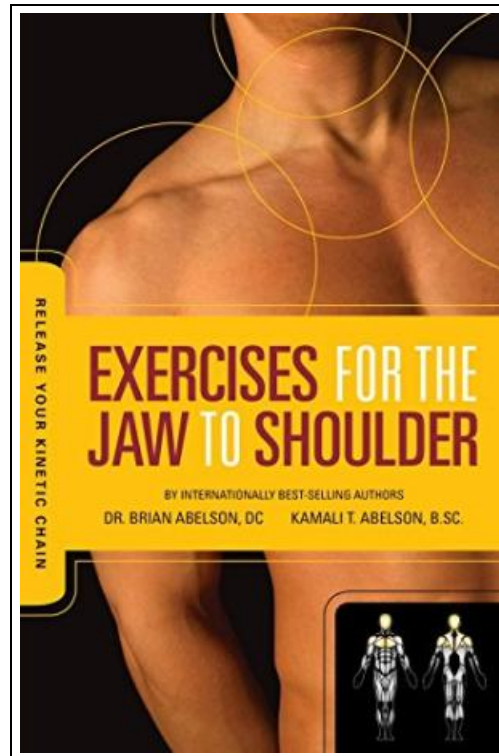


Release Your Kinetic Chain with Exercises for the Jaw to Shoulder (Paperback)



Filesize: 4 MB



Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Juliet Mertz)

RELEASE YOUR KINETIC CHAIN WITH EXERCISES FOR THE JAW TO SHOULDER (PAPERBACK)



Rowan Tree Books Ltd., 2010. Paperback. Condition: New. Lavanya Balasubramaniam (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Release Your Kinetic Chain with Exercises for the Jaw to Shoulder can help you to rapidly rehabilitate and heal and restore the tissues of your head, jaw, neck, shoulders and core with its intelligently designed, easy-to-follow exercise routines! It is an ideal tool if you suffer from headaches, jaw pain, neck pain, or shoulder pain. Written for the general public, by the internationally best-selling authors of Release Your Pain , this book features 240 black and white pages of information, illustrations, and exercises. ===== ACTIVATE YOUR KINETIC CHAIN ===== The exercise routines in this book activate your entire kinetic chain , from your jaw to your shoulder, and even into your core! You can use these routines to recover from injuries to the jaw, neck, or shoulder, including: -TMJ- Tempromandibular Joint Disorder -Injuries to the soft tissues of the jaw, neck, or shoulder -Whiplash -Headaches -Neck Pain -Rotator Cuff Injuries - Shoulder Pain ===== WHY EXERCISE FOR REHABILITATION? ===== If you suffer from jaw, neck, or shoulder pain, your physician may recommend exercise as part of your treatment. But which exercise? How do you find exercises that help to resolve your condition? For example, with a jaw injury, exercising just the jaw muscles won t resolve your problem. In fact, it may even make the pain worse. This is often because all the surrounding muscles and tissues are also restricted or injured - but may not be exhibiting pain syndromes. These structures may even be the cause of the pain in your jaw! ===== WHAT S DIFFERENT ===== Rather than working with only the single area of injury, the exercise routines in this book treat your body as a...

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