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by Karl Knopf : **Heal Your Frozen Shoulder: An At-Home Rehab Program to End Pain and Regain Range of Motion**

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Description :

PDF-9a05a | A COMPREHENSIVE AT-HOME REHAB, STRENGTHENING, AND MAINTENANCE PROGRAM FOR RECOVERING FROM AND PREVENTING FROZEN SHOULDER The cause of your frozen shoulder may be a mystery, but the way to fix it is no secret. Heal Your Frozen Shoulder guides you through the entire rehabilitation process, from understanding the problem to regaining full movement. It even tells you how to avoid this debilitating cond... *Heal Your Frozen Shoulder: An At-Home Rehab Program to End Pain and Regain Range of Motion*

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