



FrameWork for the Shoulder: A 6-Step Plan for Preventing Injury and Ending Pain (FrameWork Active for Life)

Nicholas A. DiNubile, Bruce Scali

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Though today's doctors examine just as many achy, injured shoulders as they do problematic knees and backs, only recently have advances in medicine and technology revealed exactly how the shoulder can become damaged and imbalanced. In the final installment of his Active for Life series, orthopedic surgeon and bestselling author of *FrameWork* and *FrameWork for the Knee* Dr. Nicholas DiNubile explains how best to care for your shoulders--without surgery or drugs.

FrameWork for the Shoulder provides a 6-step plan for understanding your shoulder strengths and weaknesses and creating your own healing fitness and lifestyle program. After completing a straightforward shoulder health assessment, you will discover simple, innovative exercises and the most effective nutrition and lifestyle guidelines for extending your frame's warranty.

Whether you are ready to conquer persistent shoulder discomfort, bounce back from an injury, or simply keep your joints in shape as you age, *FrameWork for the Shoulder* is your ultimate, customized plan for achieving lasting shoulder and full-body health.

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