



**The Frozen Shoulder Workbook: Trigger Point
Therapy for Overcoming Pain and Regaining
Range of Motion by Davies NCTMB, Clair 1st
(first) Edition (8/1/2006)**

Clair Davies NCTMB

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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.

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