



# Heal Your Frozen Shoulder: An At-Home Rehab Program to End Pain and Regain Range of Motion

*Karl Knopf*

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

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### **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 condition in the future.

Featuring over 200 step-by-step photos, this book presents a complete program to get your shoulder back to its best possible condition, including:

- **Effective movements**
- **Progressive stretches**
- **Gentle strengthening techniques**
- **Long-term lifestyle adjustments**

Author Dr. Karl Knopf, who specializes in the needs of aging patients, emphasizes proven treatments and proper form to guarantee help with your shoulder pain regardless of your fitness level.

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