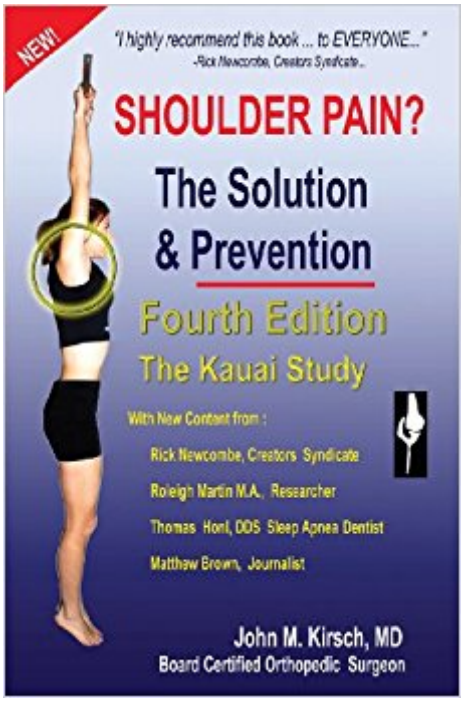
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Shoulder Pain? The Solution & Prevention: Fourth Edition



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Synopsis

This is a self-help book written by John M. Kirsch, M.D., an Orthopedic Surgeon for the public. It is the result of 25 years of research into a new and simple shoulder exercise program to treat and prevent rotator cuff tears, the impingement syndrome, and the "frozen shoulder." Testimonials and research CT scan images are included, as well as images of the exercises performed by models and patients."This book is about a new exercise for the shoulder that solves and prevents most shoulder problems, "hanging from an overhead support." If you are in precarious health, have fragile bones or are unwilling to attempt partial or full hanging from a bar or similar support, do not waste your money or time on this book." - John M. Kirsch, M.D.

Book Information

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Customer Reviews

I highly recommend this book ... to EVERYONE, those with shoulder pain and everyone else -- because Dr. Kirsch’s hanging exercises and light dumbbell exercises will heal most shoulder ailments and prevent future episodes from occurring.My shoulder first started hurting in 2000, when I was 50. I had spent most of my life lifting heavy weights, and nearly all of my friends from the gym

suffered similar shoulder pains. "Bone on bone" was a common expression at the gym to describe how our shoulders felt. I tried all sorts of physical therapy exercises and, within six months, was healed and able to use heavy weights again.Then in 2005 something popped in my right shoulder -- same spot where the pain was originally. Again, I tried everything, including physical therapy, acupuncture, light dumbbells, and this time it took 18 months before my shoulder healed and I was able to work out again at a normal pace.Exactly a year ago, I was using my right arm to put a heavy briefcase on the passenger side of my car, and it popped -- same pain, same place. I thought this was my fate and that I would never be able to workout again, which I loved so much for a variety of reasons.During this past year I had two cortisone shots, and they only provided temporary relief. I did endless hours of physical therapy exercises and light dumbbell work. I avoided doing anything that exacerbated the pinched nerve. An orthopedic surgeon told me I had a tiny rotator cuff tear.As I was considering surgery, I started reading everything I could find on shoulder injuries. Once I found Dr. Kirsch’s book, I ordered it for my Kindle. Once I started reading it, I couldn’t put it down. This was incredible -- that my treatment was up to me -- that I could remodel my shoulder through my own hard work, as opposed to a passive solution such as having a surgeon cut into the bone, or massage therapy or any of the other passive solutions for shoulder therapy. I then bought the paperback version of the book to be able to study the pictures better.I started hanging immediately, following Dr. Kirsch’s advice of 15-20 minutes a day. I sometimes use full body weight, but most of the time I put my feet on a stool and maybe hang free for the last five to 10 seconds of a 30-second hang.Today is Day 34, and the improvement has been remarkable. I have full range of motion in my shoulder, and the impingement has been reduced dramatically.This is a life-saving discovery. I feel so energetic and alive because I am able to work out as before, and my shoulder is improving every day. I also am confident that what had been a re-occurring problem will never occur again because I am remodeling my shoulder.What a miraculous discovery!

(see update at end of original review)I bought the book the first week of March and have been hanging 4-6 times per week since then. While it is too early to declare my shoulder pain cured, the results have been very positive. Specifically, earlier this year I would get stabbing shoulder pain when reaching for the bedside table while lying on my back, or when reaching for the keyboard of the drive-up bank teller machine while sitting in my car. In both cases, that pain is now gone.The first week, I hung at local playgrounds. I did not hang my full body weight, but probably 50-75% of 175 lbs. Starting in week two, I installed a pull-up bar in the carport and have hung at full body weight since then. Now, after six weeks, I’m starting the weightlifting portion of the exercises.The

book has a chapter about pull-up bars that you can purchase. I built my own for under twenty smackers, please see the attached photos. The book also recommends some weightlifting gloves, which substantially reduce the strain on your hands and fingers. They are highly recommended-see the last photo. I purchased the specific gloves described in the book and do not regret the cost.As other reviewers have mentioned, the book itself is a mess. It looks like a high-school student threw together a bunch of images and text in no particular order. However, if you have the patience, the information you are after is there, and revisiting the book again after 6 weeks, I find myself more interested in the poorly organized images than before. I really wish the author had done a better job of design and production, but the content is good, so just one star deducted.UPDATE AFTER 9 MONTHS:As indicated above, I was able to hang my full body weight starting in week 2. Throughout the summer and fall (six months), I hung regularly about 5 days per week. My routine became four, one-minute hangs.Results: by the end of month 2, I no longer felt the chronic pain that had led me to this book in the first place. By the end of month 4, I regained full motion in my left arm: I can lift it all the way from pointing down to pointing up, either sideways or frontways, without pain or clicking.Starting about October with the cold weather, my frequency went down to 1-2 times per week. After about two months of the reduced frequency, I noticed some occasional pain and stiffness returning. When I boost my frequency back to 4-5 times a week, everything feels good again within days.I've noticed a link between shoulder pain and sleeping on my side. Specifically, when we went on a three-night vacation and were stuck with a stiff mattress, my left shoulder became stiff. It felt better after just one day of hanging.If I did not use the recommended weightlifting gloves, I would hang rarely if at all, because the hand pain would be too great. The gloves are worth every penny. After more than 100 uses, they still look new: no visible wear, no loose threads or stretching fabric. Very good quality product.Finally, I got married after a few months of hanging. It is necessary to remove my new wedding ring while hanging, or else suffer pinched skin and a flattened ring. You've been warned.I know this review contains no objective, measurable results, so my results cannot be judged scientifically. However, I am regaining more use of my left arm every day, and I didn't have surgery or any other physical therapy. That's enough evidence for me.

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