

Download Fix My Shoulder A Guide To Preventing And Healing From Injury And Strain

Use DTR Therapy (T•Shellz Wrap ®) - After swelling and inflammation has been reduced. Use your own blood flow to maximize your rehabilitation, decrease recovery time, and boost overall long-term healing. Deep Tissue Therapy is especially helpful in dealing with rotator cuff tendon injuries or on-going pain and stiffness from a straining your shoulder. Hi Brian, It was great to stumble across this blog! I'm a 33yo runner who is travelling from Australia to do New York Marathon in 1 month. I qualified and entered last year, but had to forfeit my entry due to recurring problems with my left calf (near base of gastroc), which meant I was unable to train for most of last year. Always seek medical advice first when dealing with neck, back, hip or shoulder pain or functional limitations. Pain or muscle weakness may have any number of causes; one is severe nerve root or spinal cord impingement, which needs more than exercise or any of the passive therapies. Incomplete healing and re-injury can lead to a build up of scar tissue in the elbow causing further injury. The T•Shellz Wrap ® is a very effective treatment device to aid in scar tissue breakdown of epicondylitis.