



Releasing Pain (Paperback)

By Nancy Griggs

Xlibris US, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.--Do you suffer from shoulder pain, TMJ or headaches that have stubbornly refused to respond to any type of treatment? --Do you experience sciatica, hip or knee pain that has yet to be corrected through multiple conservative approaches? --Does pain in your neck or lower back persist in spite of your attempts to strengthen your abdominals or after having multiple failed injections or even after surgical intervention? Intriguing new perspectives reveal how all these conditions have more in common than you would imagine! Incomplete recovery from a motor vehicle accident or fall can later manifest through these and many other problems. Find out how they can all be treated with the same home exercise program!.



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