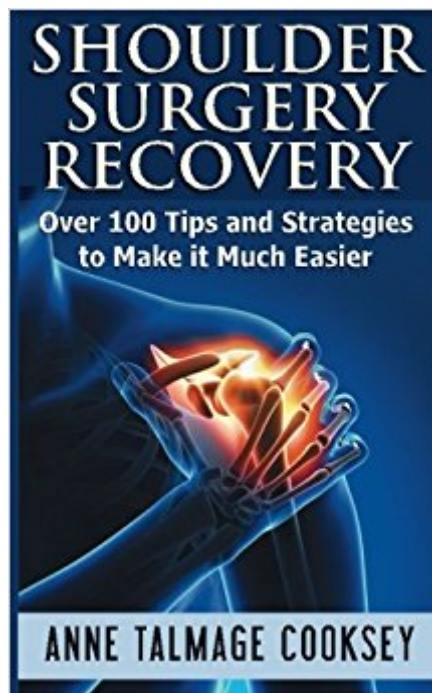




Ebook Directory
the best source of ebook

The book was found

Shoulder Surgery Recovery: Over 100 Tips And Strategies To Make It Much Easier



Synopsis

Are you or someone you know thinking about having shoulder surgery? Are you at the end of your rope trying to figure out how you are supposed to manage during the long months of recovery? Here's great news! This book is chock full of tips and strategies to help you navigate through all the different phases of recovery. You'll learn everything from where to sleep to how to dress yourself with only one hand without falling over! Learn how to work smarter, not harder during your own unique recovery. Find ways to be more compassionate with yourself and your progress as you move through each phase of the journey. You may find your shoulder surgery recovery time more rewarding than you dreamed possible!

Book Information

Paperback: 150 pages

Publisher: CreateSpace Independent Publishing Platform (December 17, 2015)

Language: English

ISBN-10: 151966401X

ISBN-13: 978-1519664013

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 57 customer reviews

Best Sellers Rank: #201,093 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #85 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #683 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

If you've been told you need shoulder surgery, step one is to BUY THIS BOOK. The writing style is very personal, down-to-earth, and written to appeal to anyone facing shoulder surgery. As a matter of fact, there's good info even if you are facing any kind of surgery on the arm. Let me just say that the lists in the back of the book alone (the Appendices) are worth 10x the cost of the book. Ms. Cooksey has detailed some very creative things that you just don't think about in advance of shoulder surgery.

I had surgery on my right shoulder 5 years ago. It was hell. Wish I had had this book then. Now I am facing possible surgery on my left shoulder. Anne's book is very relatable and useful.

Great book to read if you are contemplating or have had shoulder surgery.

Very good read and it gave me many thoughts and Ideas I hadn't considered or weighed. Getting it was quick and easy on my Kindle. I recommend anyone having surgery on their shoulder or having a loved one that is read this.

Lots of good info.

My bf's mom had shoulder surgery recently. She called me to thank me. States it has so many helpful tips. She is already recovering. Hasn't been 3 weeks and she's feeling great.

With shoulder surgery in the next 30 - this book gave me a 'real' idea of what to expect and how to go the duration in a modicum of style and comfort.

easy read....easy exercises....and it's an ebook....even better....i can do compare and contrast on the train, without having to lug around books..

[Download to continue reading...](#)

Shoulder Surgery Recovery: Over 100 Tips and Strategies to Make it Much Easier 50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery We Were One: Shoulder-to-Shoulder with the Marines Who Took Fallujah DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas) Funeral March of a Marionette and Other Pieces: Easier Piano Pieces 53 (Easier Piano Pieces (ABRSM)) 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (ABRSM)) Lyric Pieces, Op.12 & Poetic

Tone-Pictures, Op.3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) Sixteen Short Pieces: Easier Piano Pieces 28 (Easier Piano Pieces (ABRSM)) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Multiple Sclerosis: Tips and Strategies for Making Life Easier, Third Edition (Volume 3) Making a Modern Tactical Folder: Tips on How to Make a Folding Knife: Learn how to make a folding knife with Allen Elishewitz. Knife making tips, supplies ... how to make custom tactical folding knives. Manual of Fast Track Recovery for Colorectal Surgery (Enhanced Recovery) How to Play Craps: Master the Game of Craps! Rules, Odds, Winner Strategies and Much, Much More... GARDENING: The Ultimate Gardening Techniques for Beginners! (2nd Edition): Gardening - Easy Tips and Tricks to Make Gardening Easier and More Productive Fun With Pickling: Learn the Pickling Process with Pickling Guide with over 100 Pickling recipes, Pickling Vegetables has never been easier. 2017 Pickling Book

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)