



# **Treat Your Own Shoulder Labrum: How to Achieve Pain Relief Today and the Ultimate Guide to a Successful Surgery**

*William E Prowse IV*

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Are you tired of health books putting you to sleep? Do you care about your health but have a busy lifestyle? I am here to help... Over the years, I have found that most people can fix their pain if only they knew how to. This book aims at helping people who are frustrated with the pain of a torn shoulder labrum. I know the pain first hand and have torn both of my shoulder labrum's. After having horrible results with the first surgery, I set out to find an answer to speed up recovery. This book has everything you need to treat your own shoulder labrum at home. Additional advice will help you recover from the surgery if you choose to have it done.

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