



Rotator Cuff Recovery Kit

Mark Watson

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Learn how to completely recover from a torn rotator cuff using simple steps at home without the need of any medical gadgets or special exercise equipment. This is a self paced, home rehabilitation program that saves you hundreds or even thousands of dollars on expensive physical therapy, doctors appointments or invasive surgery.

Contains over 170 medical pics and illustrations with over 40 instructional online video tutorials that literally take you by the hand throughout the entire program. Completely safe and effective regardless of your age or how long you've suffered with a rotator cuff injury.

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