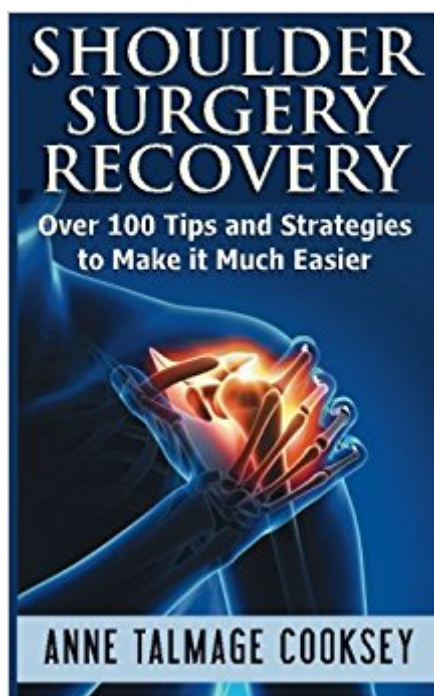


The book was found

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

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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 ã

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..

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