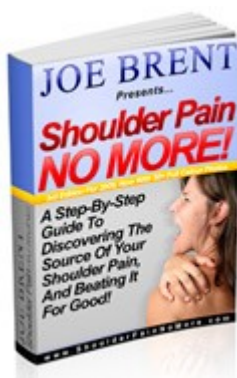


# Shoulder Pain No More Book Review



[www.ShoulderPainNoMore.com](http://www.ShoulderPainNoMore.com)

“Wow! I am glad to have found this book. It is a wonderful resource for me to give to my clients who are battling shoulder pain. Not only does it provide stretches and exercises, it also covers supplements and common injuries.

My goal is always client education and injury prevention. This book takes care of those things. I would recommend this to all my clients who are, or who may be battling, shoulder pain.

This is a fun and easy to read resource. Most importantly, it makes a complex topic easy to understand. After reading this, you gain an understanding of the shoulder, and you can immediately begin to apply the lessons learned. A nice tool for injury prevention and injury recovery. This should be used by people taking on their pain by themselves, and should be shared with by patients with their Doctors and Physical Therapist.”

## -- Manny Escalante, Jr. MA, ATC, CPT

*Manny owns EsPro Services, a multi dimensional company providing health and wellness solutions for businesses and individuals based out of Southern California. Manny has a Master's Degree in Sports Medicine and is Certified Athletic Trainer as well as a Certified Personal Trainer.*

*He has served athletes at all levels, inclusive of professional non-traditional sports, minor league baseball, semi-professional football, collegiate sports and club teams, high school and youth sports. HE has also worked with many weekend warriors, and the mom next door. Manny is a 3 time Ironman Triathlon finisher and ultra marathon racer.*