



Release Your Kinetic Chain with Exercises for the Shoulder to Hand

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Release Your Kinetic Chain with Exercises for the Shoulder to Hand

This book can help you recover from injuries to the shoulder, arms, elbow, wrist, and hands. Use the intelligently designed, easy-to-follow exercise routines to rehabilitate, strengthen, and restore the function of muscles from your Shoulders to Hands.

Written for the general public, by the internationally best-selling authors of 'Release Your Pain', this hard-copy book features 270 pages of information, illustrations, and exercises.

HOW CAN THIS BOOK HELP YOU?

People often try to use exercise to resolve conditions such as *Carpal Tunnel Syndrome, Tendonitis, hand pain, wrist pain, arm pain, or shoulder pain*. However, poorly selected exercises can actually aggravate the problem! In fact, many exercises can actually cause new injuries.

This book focuses on giving you carefully constructed exercise routines that progressively *increase muscular endurance, improve neurological motor control, and address all the key elements of your kinetic chain!* Use this book's unique 3-phase approach to address all the kinetic chain structures, rather than just the "site of pain". You will:

- Rehabilitate your body after an injury.
- Prepare your body for sport or athletic performance training.
- Work with a "pain-free" zone for the Beginner and Intermediate routines.
- Use the Advanced routines to transition you into the Performance or Athletic arenas.

THE IMPORTANCE OF ACTIVATING YOUR KINETIC CHAIN



Shoulder to Hand - a Kinetic Chain

Shoulder, elbow, wrist, and hand...what's the connection? We don't normally think of the interconnections between these structures until we suffer from pain or injury to them. However, when we are unable to perform our activities of daily living, we become all too aware of these inter-relationships. Without properly functioning muscles, tendons, ligaments, joints, and connective tissue from your shoulders to your hands, you would find yourself unable to perform many of the complex daily tasks that are required by your job and home life.

What is a Kinetic Chain?



The structural inter-dependence between the muscles, tendons, ligaments, joints, and fascia of your body comprises a **Kinetic Chain**.

You can think of your body as being comprised of a series of small kinetic chains, each linked to other kinetic chains to form a complex body-encompassing **Kinetic Web!** Tension or injury to any part of this kinetic chain would affect the function of all its linked components.

What's a kinetic chain? Visualize the kinetic chain as a layered,

inter-connected, multi-level spider web. In your body, this web is made up of soft-tissue fibers - muscles, tendons, ligaments, fascia and connective tissue.

A knot, break, or dysfunction in any layer of this web impacts all the surrounding connections, as well as the structures in the layers above and below the injured area. Restrictions can form in one or more of these layers from your injury. Treating or exercising just the "point of pain" obviously will not solve the whole problem. It is necessary to also address all the other layers, structures, and issues...that is...the kinetic web!

Rather than working with only the single area of injury, the exercise routines in this book treat your body as a dynamic web of interconnected links – a **kinetic chain**. Use these routines to recover from injuries such as:

- Hand pain caused by stiffness, overuse, or injury.
- Carpal Tunnel and other related nerve entrapment syndromes.
- Tennis or Golfer's Elbow.
- Shoulder pain caused by stress, trauma, or repetitive strain.
- Wrist Pain
- Tendonitis of the arm or elbow.
- Other soft-tissue injuries to the tissues of the hand, arm, or shoulder.

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