

From the author of the bestselling *The Trigger Point Therapy Workbook* comes *The Frozen Shoulder Workbook*. *Relief is on the way!*

Adhesive capsulitis, bursitis calcarea, scapulohumeral periarthritis...These are just a few of the names for what is known as "frozen shoulder" to most of us. "If you think some of these names sound a bit contrived, you may be right. They all mean pretty much the same thing, and they mostly represent guesswork, reflecting the fact that most physicians really don't know what causes frozen shoulder," says Clair Davies, NCTMB, author of *The Frozen Shoulder Workbook* (September 2006; New Harbinger Publications).

Don't despair. Even though doctors may have no solid answers for what's causing the pain that doesn't mean there isn't relief from it. In *The Frozen Shoulder Workbook*, trigger-point-massage specialist Clair Davis offers powerful techniques to relieve the pain and stiffness that characterize a frozen shoulder. This book is user-friendly enough for a lay person to use and also comprehensive enough for a massage professional or physical therapist to turn to. In this one-of-a-kind resource readers find:

- An overview of the anatomy, function, and dysfunction of the shoulder;
- An understanding of referred pain and how trigger point massage can help;
- Clear guidelines for practicing trigger point massage, with and without a partner;
- Step-by-step guidance for addressing specific kinds of pain and problematic areas;
- A primer on medical management of the shoulder.

Clair Davies, NCTMB, is a member of the American Massage Therapy Association and a graduate of the Utah College of Massage Therapy. He specializes in trigger point massage for the treatment of pain. His interest in massage began when he successfully self-treated a frozen shoulder with trigger point massage. Inspired by the experience, he began an intensive private study of trigger points and referred pain. The end product of this study was a simplified method for treating myofascial pain throughout the body. Massage therapists, chiropractors, medical doctors, and physical therapists all over the world are now using this new system for the relief of joint and muscle pain. Countless thousands of pain sufferers have benefited from the self-treatment techniques. From his home base in Lexington, Kentucky, Davies has traveled extensively, leading workshops and seminars on the self-treatment and clinical treatment of pain using trigger point massage.

Foreword writer **David G. Simons, MD**, is coauthor of *Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*.

"Clair Davies has done it again. He has written a wonderful book that provides insight and practical advice for the treatment of a common problem..."

—**Robert D. Gerwin, MD**, president and medical director of Pain and Rehabilitation Medicine, Baltimore, MD, and the Janet G. Travell, MD, Seminar Series

"I highly recommend this book to patients with shoulder pain and to clinicians involved in the evaluation and treatment of patients with shoulder pain."

—**Bryan J. O'Neill, MD**, clinical assistant professor in the Department of Rehabilitation Medicine at Thomas Jefferson University

The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain & Regaining Range of Motion
by Clair Davies, NCTMB, foreword by David G. Simons, MD, Published in September 2006
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10 Suggested Interview Questions

1. "Frozen shoulder" is a general term that lay people often use. What is the clinical definition of a frozen shoulder?
2. Do you hope your book will raise awareness of myofascial trigger points in the medical field as well as help people with their own frozen shoulders?
3. You start *The Frozen Shoulder Workbook* by saying "This book should've been written by a doctor." What do you mean?
4. How did your own experience with frozen shoulder lead to the program you present in your book?
5. People usually associate knots in your back and shoulders with stress. Could the origins of frozen shoulders be stress-related?
6. Explain the leap from using Procaine injections into the trigger points, to simply massaging them.
7. Who is most susceptible to getting a frozen shoulder? Is there a specific age group or profession that is at higher risk?
8. In the future, where do you see myofascial trigger point treatment going in the medical field?
9. Was the mapping of the trigger points all trial and error, or is there some predictable pattern to where the pain is referred?
10. You say that "The most frequent cause of shoulder pain, loss of upper arm motion, and clicking or catching in the shoulder joint is trigger points in the four rotator cuff muscles..." Why does pain so often originate in these muscles and what are a few things about the rotator cuff that everyone should know?

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