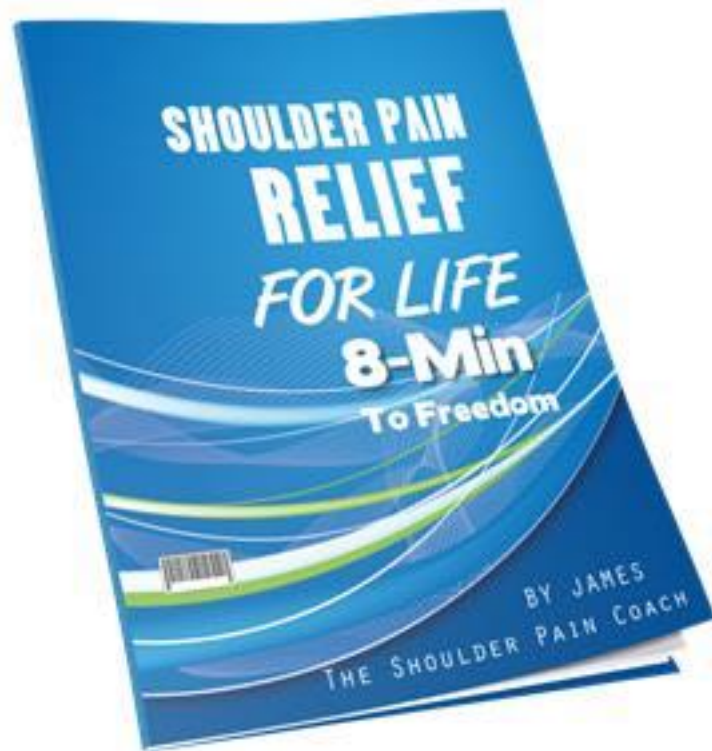

7 Best Kept Secrets to

Shoulder Pain Relief

Fix It On Your Own Naturally in Just 8-Minutes



Authored by James Ko

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Who is James Ko and why did he create this guide?



For over 20 years, James has helped people fix chronic pain so they can enjoy their lives. Their appreciation and gratitude inspired him to create and publish this free report so others may benefit from his methods.

He's the founder of PainPT.com and his mission is to ***End Chronic Pain.***

“I believe that pain can kill a person’s dream, motivation and pursuit of happiness. After being freed from the chains of pain, I see the true person reawaken...and it’s glorious.”

Professional Info

James graduated from the prestigious Loma Linda University in Southern California where he was trained on how to relieve musculoskeletal pain with all natural means and restore the body back to tip-top shape without drugs, injections, or surgery. He has worked with some of the nations most famous professional athletes, Hollywood actors and Olympians but is making his revolutionary methods available to anyone.

His breakthrough method has helped over 9,000 people (and counting) be free to live a prosperous and productive life.

In this ultimate guide...

on fixing chronic shoulder pain, he reveals the top 7 most essential secrets to stopping chronic pain on your own from home.

Secrets most people are not aware of (including most physical therapists and doctors).

No expensive equipment or costly visits to the doctor are necessary.

Even though a lot of advice and tips float around social media regarding shoulder pain, most of it addresses only the symptoms and not the true cause.

I've personally suffered from shoulder pain and know how frustrating it can be to feel better one day and worse the next.

The cold hard truth is that well-meaning doctors and other healthcare practitioners may be able to identify muscles and bones and have years of education treating pain...but they don't understand how pain is truly created in the body.

This report reveals how to actually get to the root cause of shoulder pain if you put in the time to read the entire report...and apply it.

It really doesn't take much time to apply the secrets (under 8 minutes mostly) and it's completely free.

You'll be shocked to see how fast you start feeling better and the impact it can have on your spirit, energy, motivation and well-being.

I have to be completely honest with you and say...

without knowing your personal history and the details of your shoulder pain, I cannot tell you which of these will work best for you. And there are no guarantees that it will resolve your problem completely.

But what I do know is that with this knowledge in your hands, you are on your way to a brand-new lease on life especially if you apply all, or most, of the secrets mentioned in this report.

Go ahead and get started!

1. Avoid prolonged sitting.

Sitting is one of the worst things for shoulder pain or problems. Why? Because it puts your shoulder joint into a position that is NOT ideal, and it can create more problems. You can sit, just take frequent breaks.

2. Do an exercise that works your “serratus anterior” muscle.

This is typically the muscle that is weak in most people— especially those with shoulder pain or problems. And it can lead to imbalances that further perpetuate shoulder problems. When you strengthen this muscle, it corrects imbalances in the shoulder and the fault lines associated with it. The “Plank” position is one exercise that works this muscle.

3. A good self-treatment is to put pressure onto the rotator cuff muscle tendons located in your

armpit, especially the one called “subscapularis”.

You can use a foam roller, yoga block, or even tightly rolled up towel. Just lie down on your side with the yoga block at your armpit. This helps to relieve the pressure point that has developed there which brings fast relief and balance back into your shoulder.

4. Your shoulder pain can lead to “frozen shoulder” if not fixed.

There are some types of pain that get better on it's own such as simple strains and sprains. But shoulder pain rarely fixes itself. Even if the pain subsides, unless the imbalance is fixed problems still remain. Later pain will rear it's ugly head again. It's best to fix the imbalances if you don't want to have bigger problems later down the road (such as arthritis).

5. Ice and heat are temporary solutions that only address the symptoms.

If you are experiencing an unusual amount of pain, more than usual, than icing can calm it down. But don't make a habit of it. Inflammation is a natural response produced by your body. It's a signal that something is wrong. When you ice and inhibit the inflammatory response, you are merely masking the symptoms. The pain will go away for a couple of hours but will come right back.

If you want to actually "fix" your shoulder problem, you must fix the "fault lines", muscle imbalances, and weaknesses.

6. Don't "baby" the shoulder or it can turn chronic.

Unless you have a tear or diseased shoulder problem, it's best NOT to baby it or protect it too much. This is one of the main reasons shoulder pain turns chronic. You should find out exactly what's causing your shoulder pain and as long as it's not something too serious, you should try to use the shoulder/arm normally without aggravating the primary pain too much.

7. The best thing you can do for shoulder pain is...

Fix the "fault lines" in your body. When your body get's imbalanced from weakness of some muscles and overuse of others, fault lines get created. These fault lines can cause pain to occur. These fault lines will not be fixed with massage, medications, injections or even surgery. It takes a trained specialist to fix fault lines.

Conclusion

See...it's not your fault that you are having shoulder pain and problems.

Keeping your shoulder healthy and strong is not so common sense is it?

You would think that going to a healthcare professional like a doctor, chiropractor, or acupuncturist would be the answer...but it's not.

And the scary truth is some have ulterior motives and may not want you to get better completely at all. That way they can keep you dependent on their services and products forever. It's sad but it's true.

Just like some pharmaceutical companies, some healthcare practitioners are like that, too.

I want you to know,...

that it's important to me that you pursue your dreams and be the best person you can be—were designed and meant to be.

I want you to know that I can help remove the chains of pain that is stopping you—remove the obstacles that are holding you back from being productive, motivated and youthful.

I want you to know that you can trust me.

And when this has been accomplished and your health restored, it will be glorious, and you can thank me then.

But until then, do the things mentioned in this report and email me if you want to upgrade to the online program with videos, instruction, and more.

I believe in you.

James Ko

Founder

PainPT

(877) 316-3058

james@painpt.com