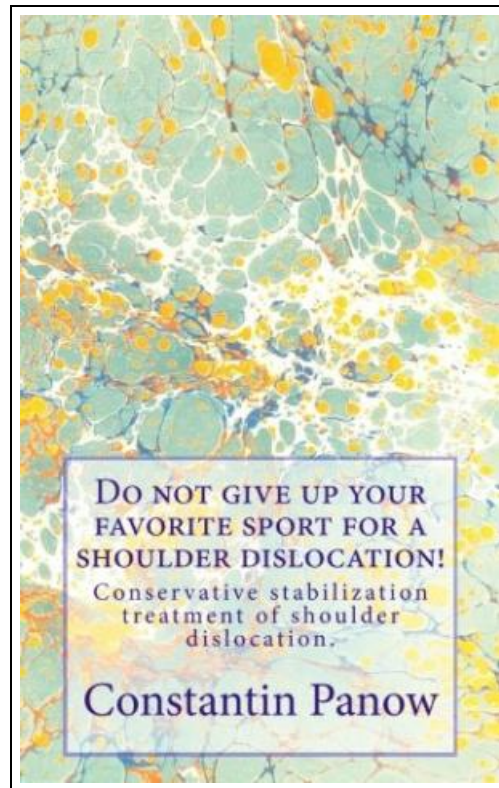


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Shoulder dislocation is a frequent traumatic event. Unfortunately it has chronic consequences, especially shoulder instability. Conventional medicine proposes surgery for stabilization. Conservative treatment can be applied with success. This is the topic of my booklet. Many physicians believe that physical activity can have a positive effect on habitual dislocation. Even orthopedic surgeons and physiotherapists do! What they propose, is resuming sports after a short rehabilitation. In my experience, such a practice is to be discouraged from. Especially Aerobics contribute to further instability of shoulder joint in this situation.

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