

## **Six Steps to Save Your Shoulder Report**

**“How To Treat the True Cause instead  
of Just the Symptoms of Your  
Shoulder Pain (And Rotator Cuff)...  
Without Speaking a Single Word to  
Your Doctor!”**

Report By Leading Physical Therapist Julian Manrique, - Value \$27

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## ABOUT THE AUTHOR



Since 1999, Every Week, 100's of people have consulted Physical Therapist Julian Manrique in search of answers to their concerning questions about Shoulder and Rotator Cuff pain. Their desire is to GET PERMINANT RELIEF fast - without the need for medications, costly injections or the risks of surgery. They are tired of spending time and money on weekly chiropractor or massage visits – that haven't solved their problem.

Instead they want to spend more time with family and friends – being more ACTIVE and INDEPENDENT.

Julian is a state licensed and board-certified Physical Therapist with over twenty years of clinical experience. He is also a board certified Orthopaedic Clinical Specialist and has completed extensive continuing education, including a year-long fellowship in Applied Functional Science and another in Manual Therapy. Julian received his bachelor's degree in Health Science in 1997 and earned his Master's degree of Physical Therapy in 1999 from Loma Linda University.

In 2002 he created a Physical Therapy Practice in Orange County that prides itself on helping individuals get better QUICKLY and NATURALLY – without unnecessary pills, getting injections or undergoing surgery – many of whom once suffered Shoulder and Rotator Cuff pain – while at the same time building great relationships along the way.

In this Special Free Report on putting an end to Shoulder and Rotator Cuff pain, I share with you very powerful principles and treatments you can make work for you – some over time and others almost instantly. They're in no particular order, and they all have only one thing in common: They all work.

You have probably heard it before, but it's often the simplest advice that wins in the end. Truth is, without knowing your Shoulder and Rotator Cuff pain, or your specific history, I cannot tell you which of these will work best for you. And even if I did know the root cause, there are no guarantees that any one single strategy will work for everyone, every time.

But over the last two decades, I've had many opportunities to learn what really does and doesn't work when it comes to easing shoulder and rotator cuff pain, and the principles you're about to read are included in that.

More importantly, this report shows you how to truly get to the root cause of your shoulder and rotator cuff pain – for no cost whatsoever, other than that of your time. And that's what most people who request this report are shocked to discover... that there IS a way to get to the REAL CAUSE of your pain without speaking to your doctor or insurance.

Inside of this report I also reveal to you PROVEN tips to ease shoulder and rotator cuff pain so that you can begin to make a difference on your own. Now imagine this... how great would it be if you try just one of these "tips" every day... within a few weeks you could have all of these incredibly helpful strategies for easing Shoulder Pain, "in play" and working for you – giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

So, my challenge to you is this... now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural treatments. It really won't take long and most of them won't cost you anything but a few minutes of your time.

You are likely to be pleasantly surprised by how much better and healthier you will feel for doing so.

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Important notice: if you apply all the “tips” in this Special Report, you will likely see a drop in the shoulder and rotator cuff pain you are currently suffering from.

## How To Get A Completely FREE Consultation With A Shoulder Pain And Rotator Cuff Specialist!

First, in order to recover from ANY shoulder and rotator cuff pain you must find the true cause of the problem. Without knowing the reason for the dysfunction it's almost impossible to stop it - and if not treated properly it will only get worse.

Getting to the REAL CAUSE of shoulder and rotator cuff pain is something that a Physical Therapist specializes in. Unfortunately, many people still don't know how easy it is to “self-refer” to a Physical Therapist for help with easing shoulder pain.

### No Referral Needed...

How easy can it be? Well, there's NO one to ask, NO referral needed, NO forms to sign, NO payment agreements and there's NO obligation to go ahead with any treatment after an initial DISCOVERY CONSULTATION which will reveal your movement dysfunction – the real cause of your pain!

It's true... you **don't even need a referral from a medical doctor** or authorization from your insurance company in advance to go and see a Physical Therapist for answers to your shoulder and rotator cuff pain concerns. This means you can just call up and arrange that first DISCOVERY CONSULTATION today and have answers to your questions within the next 48 hours! It's that easy.

And at that first “no authorization needed” DISCOVERY CONSULTATION with one of our shoulder pain expert Physical Therapist, you can have all your questions answered personally. They will do a complete assessment, identify the true cause of your pain or stiffness and show you what successful treatment looks like just for you.

Then, once you know that, you will be able to decide whether to contact your insurance and we'll even help you take care of any onward referral to a doctor (IF it's even needed).

We call it a DISCOVERY CONSULTATION because you get to discover how YOUR body movement or lack thereof, is affecting YOUR SHOULDER PAIN, “US” (the helpful staff at FOCUS PT!), and PHYSICAL THERAPY. You'll leave your FREE session empowered, knowing what's causing your shoulder and rotator cuff pain, better educated and more informed, so you can make the best decision about YOUR health!

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That's why we say Physical Therapy is a hassle-free way of easing shoulder pain. There is no financial risk because the first visit is 100% FREE and now you know you don't even have to see your doctor or contact your insurance company first.

Here's how you will contact us:

**P.S. To talk to one of our Physical Therapists about your  
Shoulder & Rotator Cuff Pain:**

Call: (949) 949-709-8770

Email: [info@focuspt.net](mailto:info@focuspt.net)

**And at this FREE session this is what we promise that you will learn:**

1. What is the **true dysfunction** that is the cause of your pain and the **real reason** you're suffering?
2. Can Physical Therapy specialists definitely help YOU?
3. If YES, what does successful treatment look like for you?
4. How quickly will you experience positive results?
5. Are there any other NATURAL healing, DRUG FREE ways that can speed up your recovery along with Physical Therapy?
6. Exactly what your recovery program investment will be, how much your insurance will reimburse and the easy payment options you can choose to cover the rest.
7. How soon you can get back to NORMAL pain free activities - ie: reaching, brushing your teeth, getting dressed, throwing, etc - get back to work, or enjoying time playing with your family and friends.

Next, let's look at some things that you may start using to ease your shoulder and rotator cuff pain while you arrange that FREE DISCOVERY CONSULTATION at my PT practice:

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**Do you have pain or difficulty with any of the following day to day activities:**

- Taking a shirt off overhead or removing your bra?**
- Hanging out the wash?**
- Reaching behind your back?**
- Sleeping on your side at night?**
- Pruning or pulling out weeds in the garden?**
- Working above shoulder height?**

If you answered YES to any of these questions, this Patient Guide is written for you. It contains accurate and helpful information about shoulder pain based on our experience helping hundreds of people with shoulder problems. We've organised this information into Six Steps. We have found that most people with shoulder pain need to work through these steps to make a successful recovery. Let's start at the beginning with Step 1 . . .

## **Step 1: Take Action**

Shoulder pain can develop in several ways. Some people recall an initial trigger or injury like starting a lawn mower, reaching for something or falling on to an outstretched hand. For other people there is no clear reason at all for their shoulder pain – it simply started one day.

In almost all cases there is no bruising, swelling or obvious sign of injury. This can be a little confusing and it is easy to ignore the initial symptoms as minor or just part of "getting older." Unfortunately, most shoulder problems that start out as minor tend to worsen over time . . .

Taking action and getting help from a trusted professional is your first step to recovery – this could be from your Physical Therapist, doctor or other health professional. Don't be afraid to ask them if they have seen other patients with your symptoms and history before - if your trusted advisor draws a blank at this question, it may be time to find someone else.

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## Step 2: Get an accurate diagnosis

The correct treatment for your Shoulder Pain hinges on knowing what the underlying problem is – you need to match the treatment to the problem to get better. This means getting an accurate diagnosis . . . so how exactly does this happen?

An important point to mention here is what we call *triangulation of findings*. Ideally you want your history to match with the findings of a physical examination and also to your imaging or scans. When a doctor, Physical Therapist or shoulder surgeon triangulates these findings and they match one of the common causes of shoulder pain, the diagnosis is likely to be the right one.

The three leading causes of shoulder pain that we see in our practice are:

- 1. Rotator Cuff Tears or Rotator Cuff Weakness**
- 2. Frozen Shoulder (Adhesive Capsulitis)**
- 3. Postural Shoulder Pain**

These problems are treated very differently to one another, so it's important to get an accurate diagnosis before making any decisions about treatment.

## Step 3: Reduce Pain and Inflammation

Once you know the cause of your shoulder pain you can begin the first stage of recovery which is to Reduce Pain and Inflammation. This often involves several strategies working together including gentle exercises, modifying your activities at home, taping to support a sore shoulder, advice on sleeping positions, class IV laser therapy and sometimes talking to your doctor about the best anti-inflammatory for you to take.

Together these strategies should reduce your shoulder pain. For some people their shoulder pain settles within a week, for others it can take several weeks. If you go longer than four weeks without feeling any improvement, we always review your findings, home activities and exercises to make sure understand what is happening in your shoulder.

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## **Step 4: Restore Normal Strength and Movement**

As your pain settles it is important to restore full strength and movement in your shoulder and arm. Missing this step is a common mistake and causes a relapse of pain when the person tries to use their shoulder for normal activities. This is especially true for rotator cuff injuries and in our practice, we encourage our patients to work hard to restore full strength in their shoulder before returning to normal activities.

If you have Frozen Shoulder (Adhesive capsulitis) the process of restoring full movement and strength can take many months and you need to be very patient with your recovery. We measure your movement accurately to keep you on the right track and ensure you make steady progress over time.

## **Step 5: Return to Normal Activities**

Once you have regained normal movement and strength (or very close to it) then you can safely return to all of your normal activities. At this stage we ask “What activities have you avoided because of your Shoulder Problem, that you want to return to?”

Some will say golf, tennis, bowling, holding their children or working overhead . . . something along those lines.

We then ask that person to take the next month or two and do everything they want to do that they could do before. They keep doing their exercises to get stronger at home. Most come back for their final appointment and have no trouble at all.

Some do have a relapse of their previous symptoms. We take a look at their key physical findings, home exercise program and check which activities they had trouble with. This helps us see what else needs to be done for that person to get better.

## **Step 6: Maintenance**

Our Shoulders and the muscles that support them are prone to weakness as we move through life - maintaining condition of our shoulder muscles is a simple and effective way of preventing future injuries and problems.

At your final appointment, when you have returned to your normal activities and you are happy with your shoulder, we usually ask you to continue with a few key exercises for maintenance. These are usually done 3 days a week and for most people can be done at home with a pair of light weights or some exercise tubing. Other people may add their shoulder exercises to their gym program or fitness routine.

## **What Should I Do Next?**

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### **Accelerate The Healing Process: Find Out What's Wrong By Going To See A Physical Therapist - It's Free, And Real Easy!**

I think the only thing that stops most people from going and seeing a Physical Therapist is that they just don't realize how EASY it is.

See, you don't even need a referral from a medical doctor, and nor do you even have to let your insurance know in advance. This means you can just call right up and arrange that first visit - today if you like! It's that easy. And at that first "no authorization needed" session with an expert Physical Therapist, you can have all of your questions answered personally, find out what the real cause of your pain is and what natural, successful treatment looks like, just for you, and by whom.

Then, once you know that, you're better able to decide whether to contact your insurance, and the PT you choose to see will take care of any referral (to a doctor), or forms that need signing, too. That's why we say Physical Therapy is a hassle-free way of easing back pain and sciatica.

If you're at all interested in what a physical therapist can do to end your back pain and sciatica, why don't you go and see one? It's financially risk free, (the first discovery visit is FREE), and now you know you don't even have to contact your insurance, or go to see a doctor first.

Important: combine all the "tips" in this Special Report with a trip to see a Hands-On Physical Therapist, and you will likely see a dramatic drop in the back pain and sciatica (and stiffness), you are currently suffering from.



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## Conclusion

Alright, those are some things that you can start doing TODAY to decrease Your Back Pain & Sciatica, improve your health and simply make you feel better.

These are just some of the key principles. There are many other things that you can do too, and I could get more in-depth on ways to end Back Pain and Sciatica than the principles I've given you here. If you are disciplined and diligent about doing them, they will significantly improve the quality of your life.

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy can make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Focus Physical Therapy become the source of leading edge health advice for you and make a real difference to your life.

All the Best,

Julian Manrique, PT, MPT, OCS, FAFS  
Back Pain & Sciatica Specialist.  
Focus Physical Therapy

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## Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. With any injury, each individual's symptoms can vary significantly and their recovery from injury can also vary depending upon background, genetics, previous medical history, exercise technique, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the physical therapists at **Focus Physical Therapy**.

We can offer you this service FREE of any charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific outcomes are expressly made or implied in this report.