

LIFE CELEBRATING HEALTH ASSOCIATION

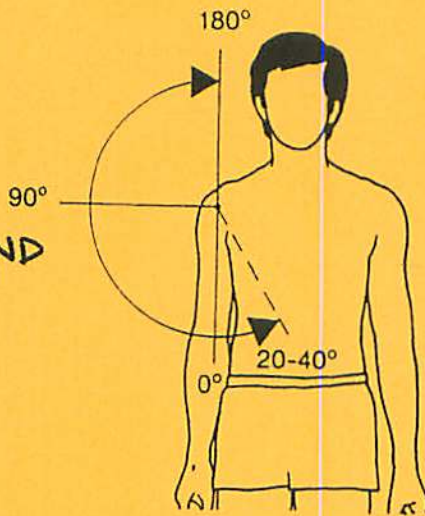
John Parks Trowbridge M.D., FACAM

FRUSTRATED WITH SHOULDER OR ARM PAINS?

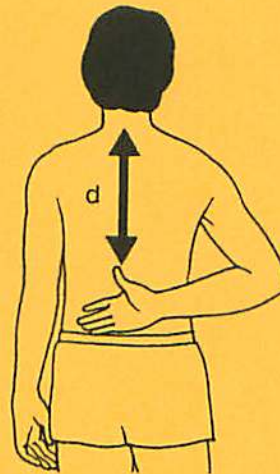
DO YOU HAVE A PROBLEM THAT COULD BE FIXED NOW?
COULD YOU FINALLY STOP HURTING?

2. Shoulder Girdle (Fig. 17)

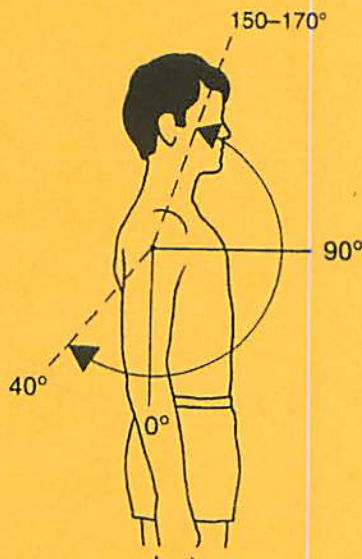
MARK WITH A
RED LINE
HOW FAR
YOU CAN BEND
IN EACH OF
THESE WAYS



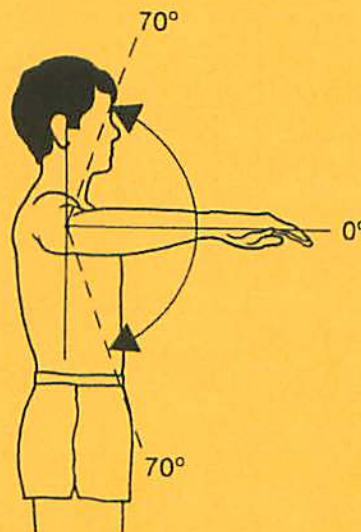
a Abduction -
adduction



b c7-thumb
distance



c Elevation -
Extension



d Rotation

3. Elbow and Forearm Joints (Fig. 18)

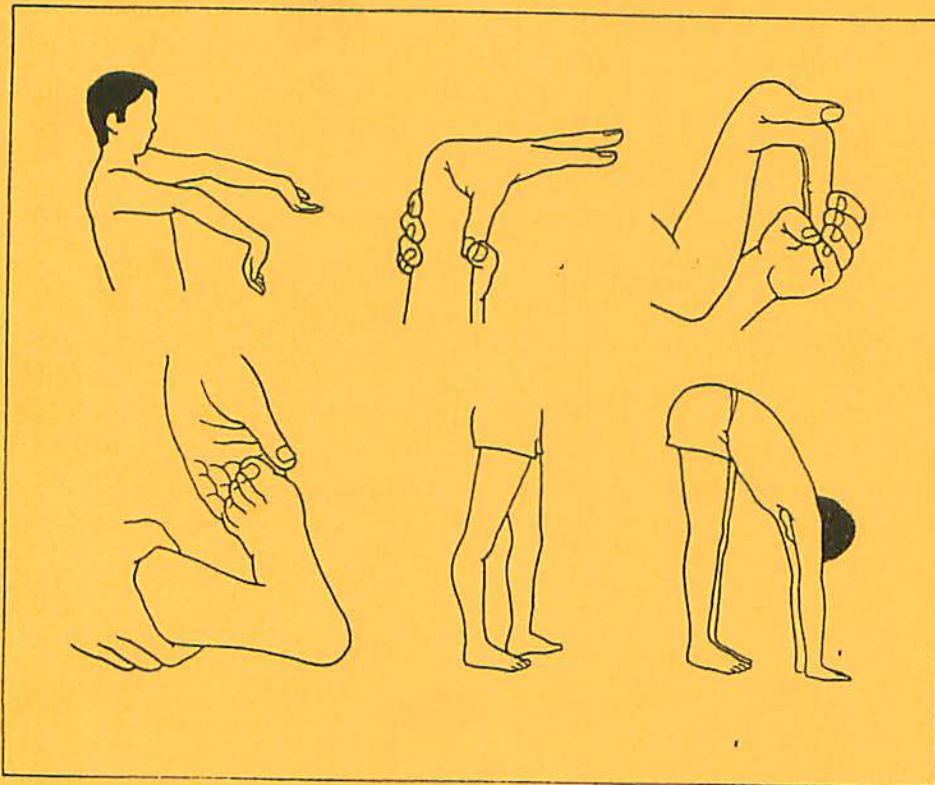
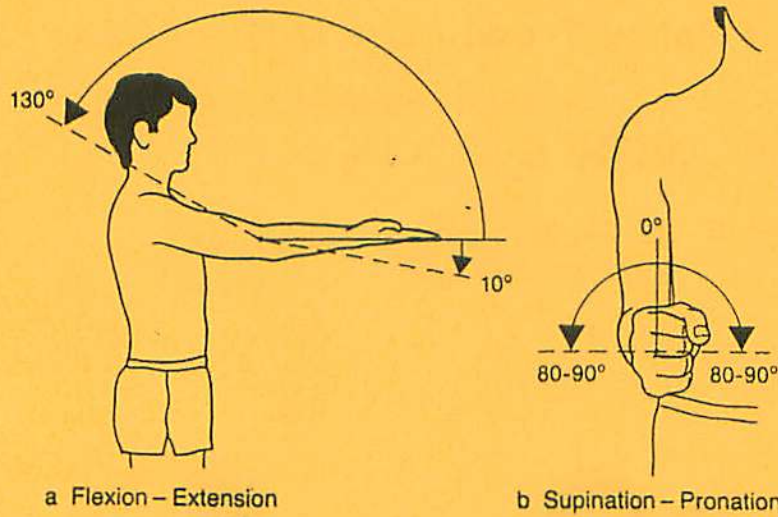


Fig. 6 Hyperlaxity syndrome

ARE YOU DOUBLE-JOINTED BUT DIDN'T KNOW IT?
PEOPLE WHO ARE "EXTRA MOBILE" CAN HAVE PAINS
THAT LINGER FOR YEARS — AND CAN MORE EASILY
DEVELOP ARTHRITIS. WHATEVER YOUR PROBLEMS,
CALL NOW FOR DETAILS ON HOW RECONSTRUCTIVE
THERAPY MIGHT HELP YOU: DIAL (281) 540-2DAY

DIAL (1-800) FIX-PAIN

(\9\B\MOBUE.DOC) (B ON GR -DSB - PRL) (06.93) (EXSEC-TDB)