

Shoulder Pain and Rock Climbers Workshop Reveals How to Naturally Relieve Shoulder Pain



- Do you suffer from shoulder or arm pain *during or after* climbing?
- Does your shoulder ever feel that it is going to “give” with an overhung move?
- Do you wake up in the middle of the night due to pain in your shoulder or arm?
- Do you experience pain, weakness, tingling or numbness down your arm?
- Are you afraid your pain will get worse if you don’t do anything about it?

**If you have answered YES to any of the above questions,
The Shoulder Pain and Rock Climbers Workshop will be a life changing event for you.**

A total GAME CHANGER for my climbing. I’ve had excruciating pain for years that inhibited climbing and even sleeping that, I am psyched to say, I don’t have any more. I’m beyond thankful that I can move my shoulders again without pain (something I never thought would happen) and get back to climbing? Lorena is the best! Highly recommend for any climbers dealing with shoulder issues (i.e. all of us).” A.K.

Shoulder Pain is *the number one injury in climbers* and it can completely ruin your lifestyle:

- It can make your life less enjoyable... like climbing less and less...
- It can make you a weaker climber...
- It can make everyday tasks challenging and painful...
- It can mess up your vacation plans...
- It can change your lifestyle altogether...

Climbing less -and not as hard as you would like- is not an option and it can lead to depression and not enjoying your life. Ultimately, leading to bigger health and life problems!!

For over 14 years, **Lorena -Shoulder to Hand Therapist from Orthomotion-** has helped hundreds of people who have needlessly suffered with shoulder and arm pain. It is her specialty!

If you are looking for answers, here are some of the learning objectives for the Shoulder Pain and Rock Climbers Workshop:

- The #1 Mistake climbers make to stop them from healing from Shoulder pain
- The 3 Most Common Causes of Shoulder Pain
- How a Comprehensive Evaluation and Treatment plan will get you on the right path to full recovery
- How a problem in your Shoulder can cause pain, weakness, numbness or tingling down your Arm
- What successful treatment and permanent relief looks like

How to Register for the Shoulder Pain and Rock Climbers Workshop?

Online at: www.orthomotion.net/shoulder-registration/

Email us at: info@orthomotion.net

Or call us at 720 507 0643

How much is registration?

Free for Longmont Climbing Collective Members!!

**We only have 30 seats available for the event and this invite will be going out to +500 people,
do not hesitate to contact us now !!**

We look forward to seeing you!

Orthomotion Inc.
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