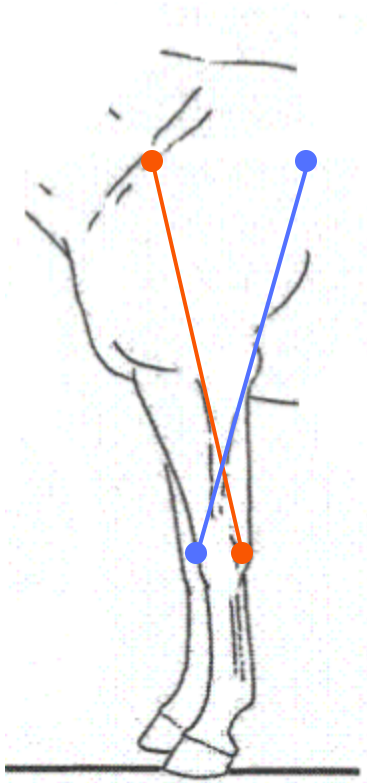
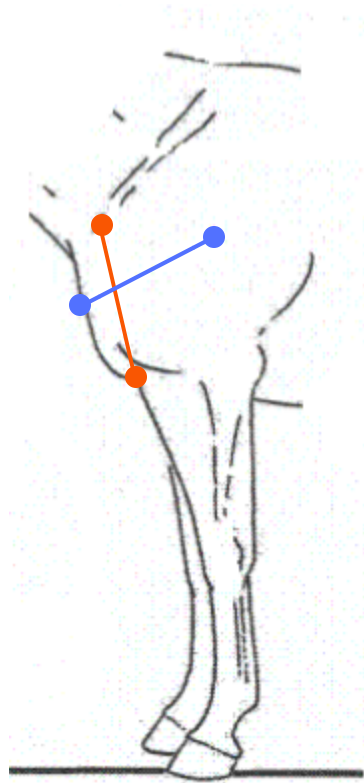


# HORSE SHOULDER PAIN PROTOCOL

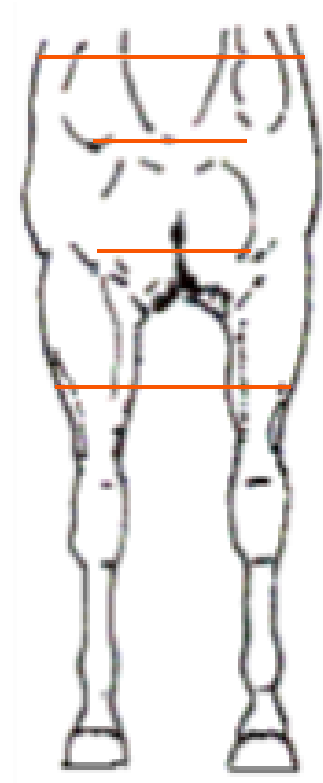
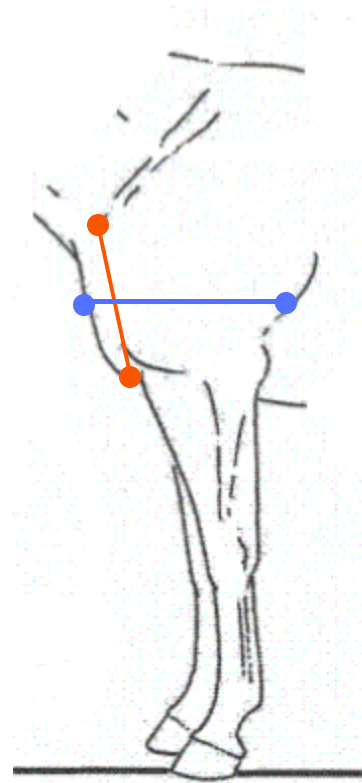
For left shoulder. After doing steps on left shoulder, repeat first three steps on opposite side once. If both are painful, apply all steps to other side.



Large X: 20 seconds



Stars: 10 seconds each.  
Do multiple stars all directions on various planes. Repeat 2-3 times.



Connect both sides:  
10 seconds each.  
Finish with 20 minutes CES