Early to Rise Customer Support

Would this shoulder program help someone that has no cartilage left in their shoulder- specifically, bone on bone with a bone spur in the shoulder

Honey - 2020-02-05 - Yoga

I'm sorry to say no... First, there is no specific shoulder series in my programming but more importantly, bone on bone with a bone spur is a painful degeneration of tissues within the shoulder. Even when you learned to engage your muscles and align your bones properly through my Yoga program I believe total relief without medical intervention may be challenging.