

## Early to Rise Customer Support

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### **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**

Kerri -- ETR Customer Support - 2020-02-20 - [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.