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VOLUME THREE - The Shoulder Now Available in Groundbreaking BodyWorksMD™ Physician-Guided DVD Series for PT

New York, June 2008 – *Volume Three - The Shoulder*, the second release in the revolutionary DVD series for at-home, physician-guided physical therapy from BodyWorksMD™ is now available. Following the success of the first DVD released in the series, entitled *Volume One - The Knee*, *Volume Two - The Back*, *Volume Three - The Shoulder* features simple and effective injury prevention and rehabilitation techniques for the shoulder developed by Dr. Mark Klion and Dr. James Capozzi who are instructors at the Mount Sinai School of Medicine in New York City.

The DVD helps patients recover from their injuries by showing a variety of routines and advice demonstrated by Dr. Klion who is a board-certified orthopaedic surgeon as well as an accomplished marathon and triathlon competitor. Together with colleague Dr. James Capozzi, Dr. Klion developed the series in order to help people with their physical therapy who would otherwise not have the time for a traditional rehabilitation program.

BodyWorksMD™ Volume Three - The Shoulder begins with the self-assessment section to determine the level of therapy required. Next, in the techniques section, the DVD teaches the specific exercises that are required for the chosen level of therapy. *The Main Program is a 20 minute follow along session instructed by Dr. Mark Klion.* As the shoulder's condition improves, the program allows viewers to progress to higher levels of stretching and exercise. BodyWorksMD™ guides the viewer through many of the same routines used by physical therapists in traditional rehab programs.

“As with our first DVD, *The Shoulder* offers a truly revolutionary concept in that it helps people whose busy schedules don't allow them to attend the typical treatment sessions,” remarked Dr. Klion. “Instead of patients having to travel to receive physical therapy, we are bringing physical therapy directly into a patient's home.”

The concept of “No Pain, No Gain” does not apply to the BodyworksMD™ DVD series but rather, it helps patients to understand the injury and help to begin the process of healing. *BodyWorksMD™ Volume Three - The Shoulder* is a 20 minute, physician-guided rehabilitation program that will increase flexibility and strength in the shoulder. The program is designed for use 3 to 4 times per week in the convenience of a person's own home or on-the-go.

The BodyWorksMD™ series was developed by board certified orthopaedic surgeons, Dr. Mark Klion and Dr. James Capozzi, instructors at the Mount Sinai School of Medicine in New York City, in collaboration with certified physical therapist Paul Larosa. BodyWorksMD™ also includes a bonus section on shoulder anatomy and the treatment of common shoulder injuries featuring former pro-triathlete and top international coach, Troy Jacobson. *Volume Two – The Shoulder* is now available online at www.Spinervals.com.

The BodyWorksMD™ series will offer a full range of DVDs designed to provide a physical rehabilitation program for common orthopaedic and sports related injuries. Coming soon, future titles in the series will include *Volume Four - The Ankle*. Dr. Mark Klion hosts the series, leading viewers through easy-to-follow exercise routines that can be done in the comfort of one's own home or on-the-go.

For further information or to arrange an interview or exercise demonstration with Dr. Mark Klion please call (212) 843-8073 or email: amazur@rubensteinpr.com.