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8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot [Esther Gokhale, Susan Adams] on Amazon.com. *FREE ...Esther Gokhale: 8 Steps to a Pain-Free Back : Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot (Paperback); 2008 Edition on Amazon ...Do you suffer from shoulder blade pain? Want a great and easy way to get rid of it? Here are 13 simple steps to get rid of this nagging problem. The simple exercises to eliminate your sway back posture. Don't wait until it's too late to do something about your posture.