



Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques

Brian James Abelson, Kamali Thara Abelson

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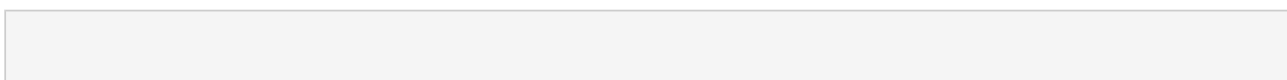
Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques Brian James Abelson, Kamali Thara Abelson

Imagine finding a way to spend less time suffering from pain, and more time doing the things you love. Take control of your pain! This long awaited, completely reworked, second edition provides new content for each condition, with over 80 additional pages of information, the addition of new and easier to understand illustrations, updated descriptions about each of the soft-tissue conditions, a deeper explanation of the affected structures in each kinetic chain, and proven effective exercise routines.

===== BENEFITING FROM ACTIVE RELEASE TECHNIQUES ===== Release Your Pain presents ART (Active Release Techniques) as an innovative and effective approach to addressing such common repetitive strain injuries as carpal tunnel syndrome, plantar fasciitis, knee and shoulder injuries, and back pain. Based on case studies, the book shows how ART locates and breaks down scar tissue and adhesions that cause pain, stiffness, weakness, numbness, and physical dysfunctions associated with repetitive strain injuries. Topics include how and why these injuries occur, and how non-invasive methods succeed where others fail. Each chapter includes black and white photo sequences of therapy techniques, specific exercises, and stretches to help resolve these conditions. ===== TABLE OF CONTENTS ===== Foreword Acknowledgements Chapter 1: Impact of Soft-Tissue Injuries on your Body? Chapter 2: Understanding Soft Tissue Injuries Chapter 3: Why is RSI a Problem? Chapter 4: About Active Release Techniques (ART) Chapter 5: Remodeling Tissues with Exercise Chapter 6: Resolving Neck and Back Pain Chapter 7: Resolving Shoulder Injuries Chapter 8: Resolving Elbow Injuries Chapter 9: Resolving Carpal Tunnel Syndrome Chapter 10: Resolving Knee Injuries Chapter 11: Resolving Injuries to the Achilles Tendon Chapter 12: Resolving Plantar Fasciitis Chapter 13: FAQ: Frequently Asked Questions Glossary Index ===== GET REAL RESULTS FOR YOUR SOFT TISSUE CONDITION

===== See real results when you use the focused, specific exercises at the end of each condition's chapter. Use this book to take the first step in managing conditions such as: Neck and Back Pain (headaches, sprain/strain, disc degeneration, sciatica, spinal stenosis, etc.) Shoulder Injuries (Rotator Cuff Syndrome, Frozen Shoulder, joint instability, etc.) Elbow Injuries (Golfers, Tennis Elbow) Carpal Tunnel Syndrome Knee Injuries (Jumper's Knee, Meniscus Injuries, ITBS, Osgood-Schlatter) Achilles Tendonitis Plantar Fasciitis 'Release Your Pain' is an easy-to-use, international best-seller that can help you to make educated health care decisions about your soft-tissue conditions (muscle and joint pain, restricted movements, chronic pain, sports injuries, etc.). Written for the general public, this book features 320 black and white pages of information, illustrations, and exercises.

===== Important: This book does NOT teach you how to perform Active Release Techniques(r) (ART). It does introduce you to the benefits of ART, and aids in understanding how ART is able to successfully treat a broad range of soft-tissue injuries. ART training requires many hours of hands-on training, accompanied by extensive knowledge of soft-tissue structures and their inter-relationships, backed up by prior medical training (Physicians, Chiropractors, Physiotherapists, Massage Therapists, etc.). See www.activerelease.com if you want to learn to become an ART practitioner. ====="



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