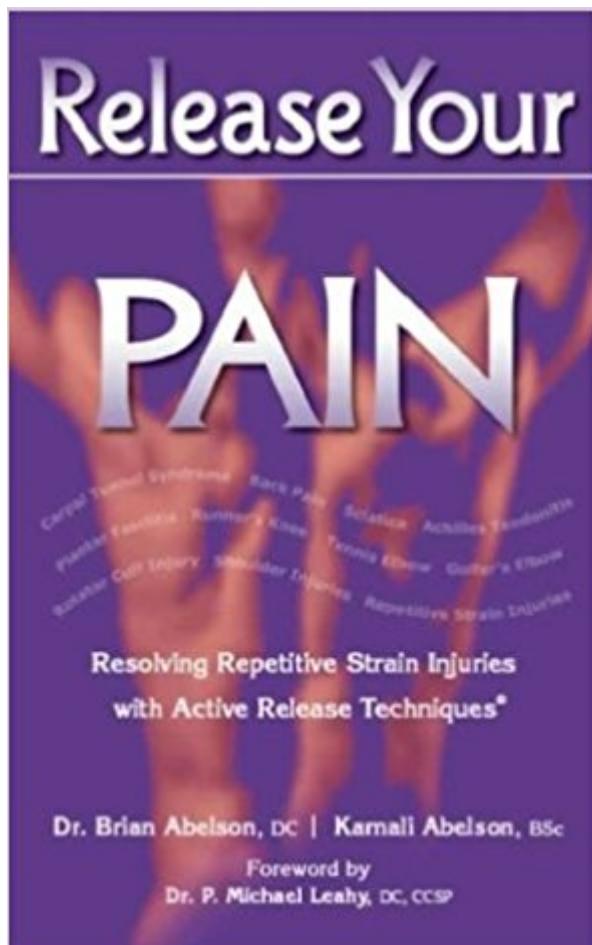


The book was found

## Release Your Pain



## Synopsis

Does pain inhibit your enjoyment of activities, and interfere with your lifestyle? Resolve Repetitive Strain Injuries with Active Release Techniques®. Live pain-free! Read 'Release Your Pain' to understand the real cause of your pain, how it can be resolved, and how you can take control of your life again! Take control of your pain....read this book! Understand the real causes of your Repetitive Strain Injuries or soft-tissue injury! Understand what works and what doesn't! Then get proactive, discuss this treatment method with your health care practitioner, find a practitioner who can really help you (we tell you how and where. And use the special and powerfully effective exercises at the end of each chapter to keep these conditions from re-occurring. If you suffer from one or more of the following conditions, and want to become pain-free, then READ THIS BOOK!

Achilles Tendonitis Ankle Injuries Back Pain/injuries Bicipital Tendonitis Bunions and Bursitis Carpal Tunnel Syndrome Compartment Syndrome Foot Pain and Injury Frozen Shoulder Gait Imbalances Golf Injuries Golfer's Elbow (Tendonitis) Hand Injuries Headaches Hip Pain Hyperflexion Injuries Iliotibial Band Syndrome Impingement Syndromes Joint Dysfunctions Knee and Leg Pain Knee Meniscus Injuries Muscle Pulls Or Strains Muscle Weakness Myofasciitis Neck Pain Nerve Entrapment Syndromes Repetitive Strain Injuries Plantar Fasciitis Post-Surgical Restrictions Running Injuries Rib Pain Rotator Cuff Syndrome Shin Splints Scar Tissue Formation Sciatica Swimmer's Shoulder Shoulder Pain Sports Injuries Thoracic Outlet Syndrome Tendonitis Tennis Elbow Weight Lifting Injuries Throwing Injuries TMJ Whiplash Wrist Injuries

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## Customer Reviews

"If you have a soft-tissue problem, then read this book, and don't be satisfied with anything but the real solution" -- Dr. Michael Leahy DC, CCSP, Developer of ART

Release Your Pain is the first book written for the general public about Repetitive Strain Injuries and the powerful Active Release Techniques. Its easy-to-read format, numerous graphics, photos, and clearly described exercises make it a welcome addition for anyone who is trying to resolve a soft-tissue injury. The numerous case studies clearly describe each injury type, and how ART is able to assist in resolving that problem. In addition, the focused and clear exercises provide immediate relief, and long-term solutions to RSI sufferers. For those of you, who want to find information quickly, the detailed index and Table of Contents, makes it easy to locate exactly what you need.

I have to agree with some of my predecessors here, the book is a well-written brochure that stops short of explaining how to actually treat RSI. While I am fully aware that you can not learn such a technique from a book, it would be helpful if the author had gone more into detail in regards to pressure points etc. On the other hand the book offers a decent overview over the most common RSI's and how they occur, which can be helpful if someone is just starting out in the field. The exercise section is probably the most useful part of the book/However, I feel most people would get more out of a book on trigger point massage such as Donna Finados: Trigger Point self care manual" if your goal is actual pain relief.

I'm very much into "DIY physical therapy, ie: myofascial release, trigger point therapy etc and thought that this book would be good to add to my arsenal, but all this seemed to be is a book that instructs you to go and find a ART practitioner, not how to do any of it yourself. I understand that some things should only be done by trained professionals, but the book's premise is misleading.

I thought from the title of this book that it would be like a synopsis of how to do the ART technique. Instead, most of it was info about how wonderful ART is with some useful information about injuries in general. It does inform about specific anatomy but I didn't really need that part, although it was nice. I just wanted to know how to use the techniques, and I was a bit disappointed.

This is mostly an introduction into the world of Active Release Therapy and why it works and why

you need it. It offers a few 'do -it-yourself' exercises and that is that!! the whole book in a nutshell. So, if you need to know more about the therapy , you will like it but NOT to RELIEVE PAIN!!! accidentally gave it 3 stars, 1.5 or 2 is more accurate \*\*\*\*FOR PAIN RELIEF\*\*\*\*\* 'The Trigger Point Therapy Workbook 2nd edition' is what you may want. We use it and find we don't have to take drugs most of the time. We both have injuries and we even have shown my 83 year old mom how to do techniques and it brought her relief...NOTE--get a theracane for those who are solo..they are available on and use w/ the Trigger Point book. The techniques are sound and they work.

Does not give any "how to"

My daughter and son in law are runners and this was the perfect gift for him, actually for both of them.

This book spends page after page telling you about a great method for pain release without giving you one bit of usable information.

Release Your Pain is a great book for any type of bodyworker. I'm a massage therapist, and recently developed golfer's elbow. This book helped me discover the source of my issue, in the subscapularis muscle, and I was able to resolve the problem in just two days by working out the adhesion. This book is very helpful for many types of repetitive strain injuries. I see the value in ART, and believe it can help many people overcome painful symptoms and reverse chronic issues!

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