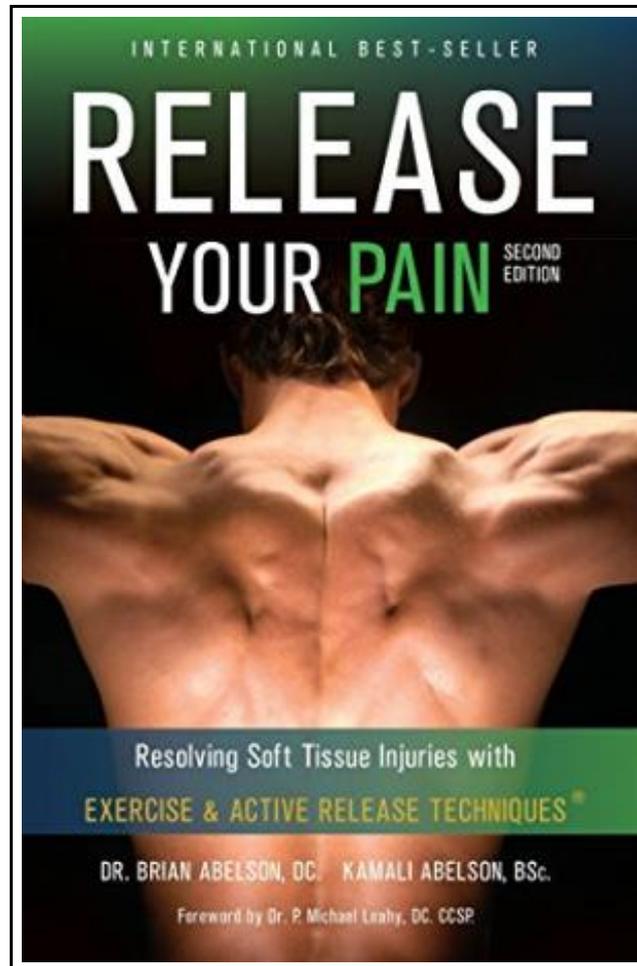


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**BENEFITING FROM ACTIVE RELEASE TECHNIQUES** ===== Release Your Pain presents ART (Active Release Techniques) as an innovative and effective approach to addressing such common repetitive strain injuries as carpal tunnel syndrome, plantar fasciitis, 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...

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