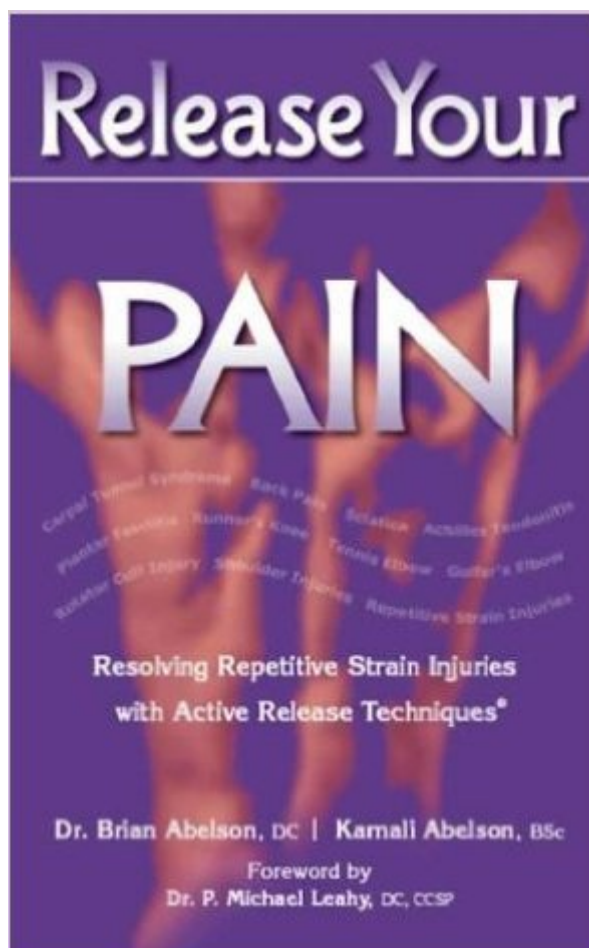


The book was found

# 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&#x85;and what doesn't! Then get proactive, discuss this treatment method with your health care practioner, 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&#x92;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&#x92;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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Best Sellers Rank: #1,355,920 in Books (See Top 100 in Books) #17 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #169 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #176 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache

## Customer Reviews

This book is nothing more than a lengthy brochure written by chiropractors to promote the sale of continuing education seminars to other chiropractors. As one of the prior reviewers stated, there is NO INSTRUCTION on how to provide or perform an "ART" technique. The bulk of the book is simply a review of common repetitive strain injuries and treatment options which are common physical therapy techniques. "ART" itself does not appear to be anything specifically special other than a type of manual technique designed to release adhesions in soft tissue, of which there are many. All that is presented here is a treatment technique that has been labeled as something specific so that it could be legally protected as a specific type of treatment, then marketed and sold to other chiropractors. Indeed, the foreword is written NOT by a neutral third party but by the actual chiropractor who markets and sells the technique via seminars. The actual authors are people that have taken his course, become instructors and have basically written a text to support the marketing of the continuing education classes. There appears to be no actual scientific studies that prove "ART" techniques are any more successful than other manual techniques. The only supporting evidence provided in the book is done through case studies. Other than the promotion of "ART" and how it is "superior" to other treatment options, the remaining information in the book is again, actually common physical therapy treatment techniques (which is the book's only redeeming quality). This book and others like it would like you to think that "ART" and other "patented" techniques are something new.

Release Your Pain is a book about Active Release Therapy (ART), a soft-tissue procedure created, developed, and patented by Dr. Leahy. ART as a procedure is amazing. I have computer related Repetitive Strain Injury, and, slowly but surely, am getting better. It has literally changed my life. This book, however, is useless. I bought this book in hopes of better understanding and learning ART techniques to do on myself since my bills are piling up and I haven't worked in nearly a year. I was hoping to be able to better mimic the work that my practitioner does on me, since he can't feel my pain. Much to my dismay, 15 pages define what Repetitive Stress Injuries are, another 15 describe ART. The rest is devoted to 2 things: 1) Identifications and definitions of specific injuries 2) Stretching and strengthening exercises you should do in conjunction with ART. Not a single page describes how to do ART on yourself. Since you're forced to see an ART practitioner, these people are also supposed to give you a workout regimen, thus making this book redundant. There is something to be said for seeing a medical professional and having him determine and fix your problems. It's just a smart thing to do. Unfortunately, my ART Professional (as listed in the ART website), has had me

come back 20 times when ART is supposed to work much quicker than that. Either he's not much of a professional, or he's looking to drain my money like everybody else. If someone is so bold as to patent a life-renewing technique, charge a few thousand for certification yearly, and have this useless book out in your honor, I suggest you get on the stick and make sure your practitioners deserve the certification.

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Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)  
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