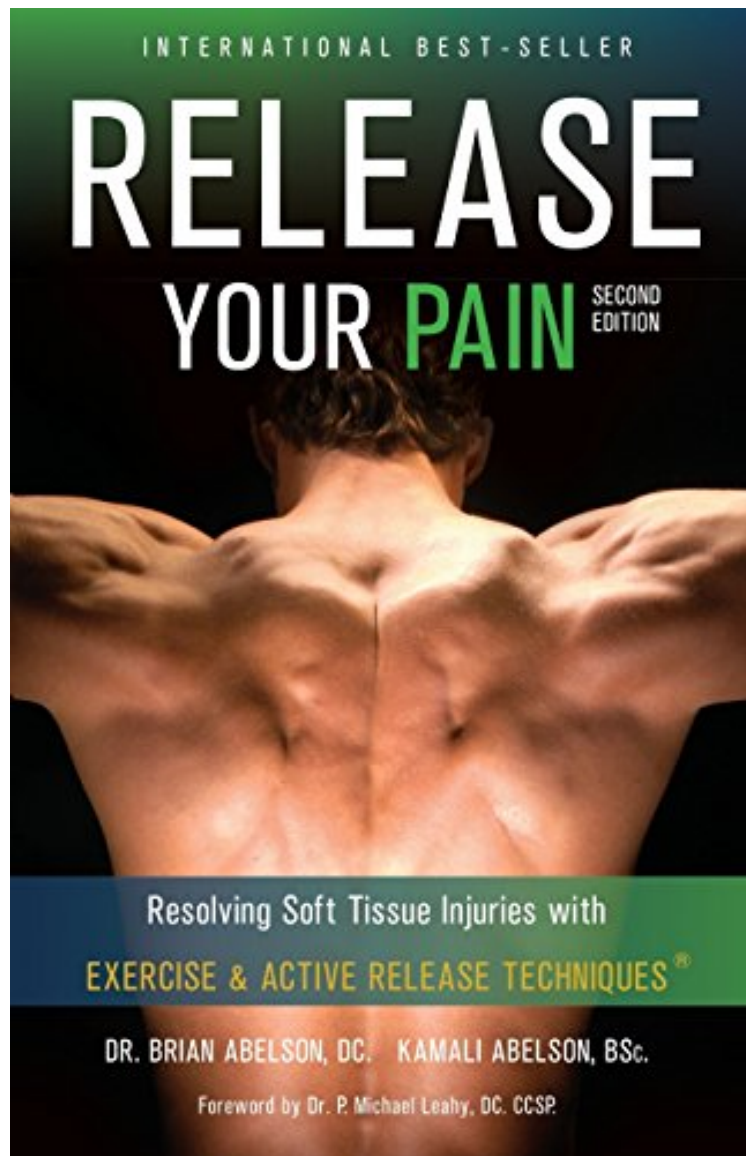


[Mobile ebook] Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques

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

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DPT,OCS
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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
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