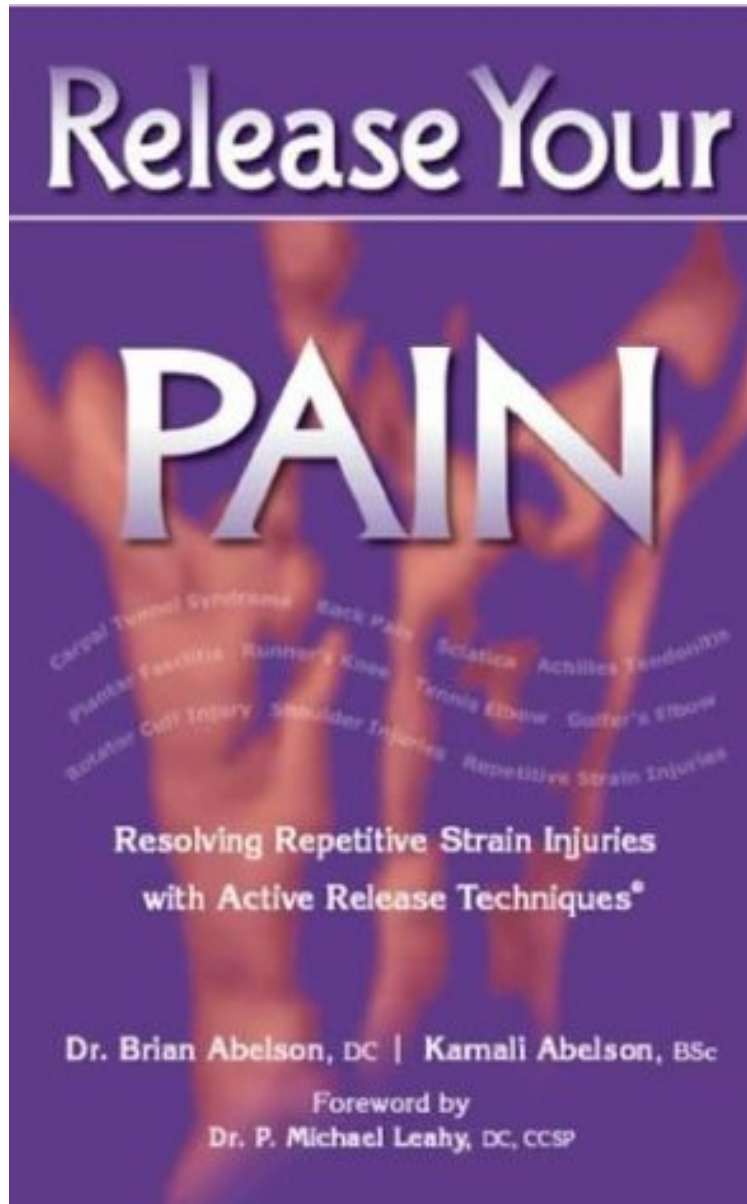


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Brian Abelson, Kamali Abelson : Release Your Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised Release Your Pain:

4 of 4 people found the following review helpful. Somewhat misleading titleBy Maik WiedenbachI 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. 13 of 13 people found the following review helpful. disappointed..By c bi'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 books premise is misleading. 5 of 5 people found the following review helpful. false advertising By Christine S. Garcia 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.

Does pain inhibit your enjoyment of activities, and interfere with your lifestyle? Resolve Repetitive Strain Injuries with Active Release Techniques reg;. 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 workshello; 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 Golfers' 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 Swimmers' Shoulder Shoulder Pain Sports Injuries Thoracic Outlet Syndrome Tendonitis Tennis Elbow Weight Lifting Injuries Throwing Injuries TMJ Whiplash Wrist Injuries

"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 From the Publisher 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. From the Author Active Release Techniques, developed by Dr. Michael Leahy, is a patented, non-invasive, soft tissue treatment process that both locates and breaks down the scar tissue and adhesions that cause pain, stiffness, weakness, numbness, and other symptoms that are associated with Repetitive Strain Injuries. It has been proven effective in treating a broad range of RSI injuries from back pain, to carpal tunnel syndrome, to golfer elbow, and many more. Practitioners rarely have the time to explain what the injury is, how it was caused, or why ART is so effective in resolving soft-tissue injuries. It is to address these needs that we wrote this book. The first book about ART that is written for the general public, and that clearly describes the injury cycle, soft tissues involved, and what ART does!