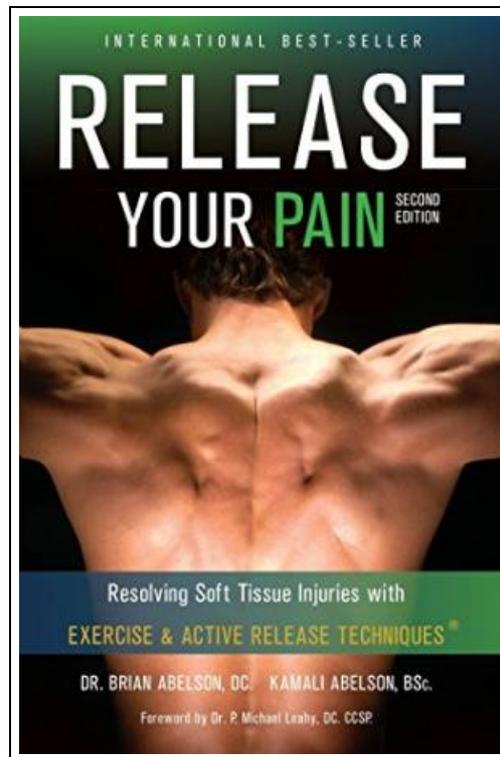


Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques



Filesize: 9.59 MB

Reviews

Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.

(Mabelle Wuckert)

RELEASE YOUR PAIN - RESOLVING SOFT TISSUE INJURIES WITH EXERCISE AND ACTIVE RELEASE TECHNIQUES



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Rowan Tree Books Ltd., United States, 2012. Paperback. Book Condition: New. Lavanya Balasubramaniyam (illustrator). 208 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.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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