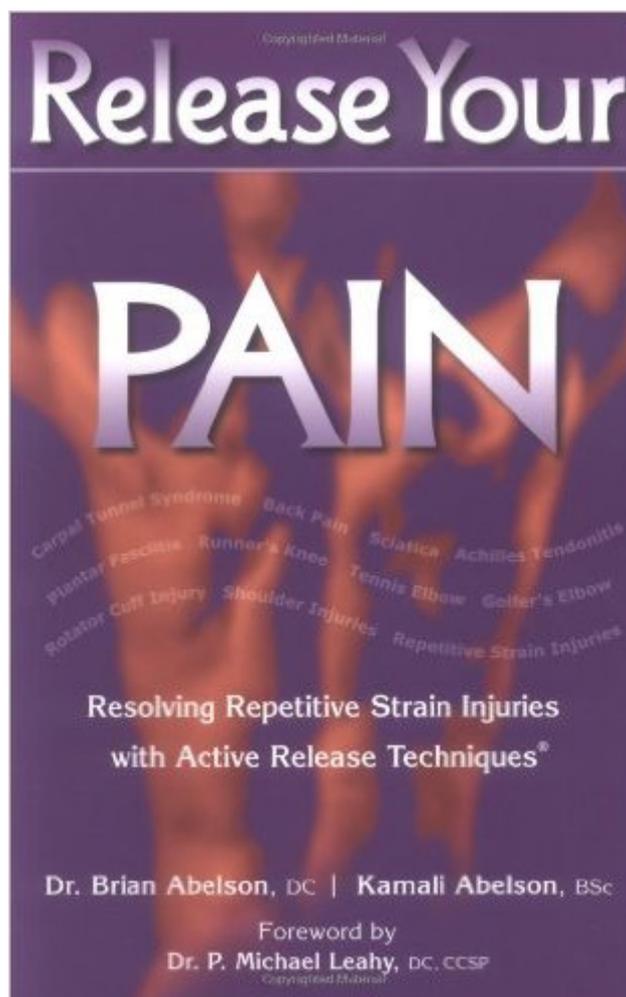


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Release Your Pain: Resolving Repetitive Strain Injuries With Active Release Techniques



Synopsis

Release Your Pain presents ART (Active Release Techniques) as a new 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, which treatments to avoid when possible (including surgery), and how noninvasive methods succeed where others fail. Each chapter includes black and white photo sequences of therapy techniques and stretches.

Book Information

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Best Sellers Rank: #257,059 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #351 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #1064 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

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 is it "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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Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries
End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand
Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)
Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome
Repetitive Strain Injury: A Computer User's Guide
The Repetitive Strain Injury Sourcebook
OSHA Repetitive Strain Injury
The Repetitive Strain Injury Recovery Book
The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)
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)
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