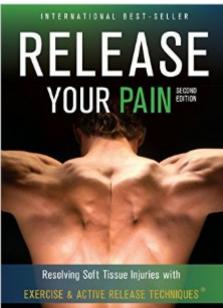
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Release Your Pain - Resolving Soft Tissue Injuries With Exercise And Active Release Techniques



DR. BRIAN ABELSON, DC. KAMALI ABELSON, BS:. Foreward by Dr. P. Michael Looky, DC. CCSP



Synopsis

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 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 Injuries on your Body? Chapter 2: Understanding Soft Tissue Injuries Chapter 3: Why is RSI a Problem? Chapter 4: About Active Release Techniques (ART) Chapter 5: Remodeling Tissues with Exercise Chapter 6: Resolving Neck and Back Pain Chapter 7: Resolving Shoulder Injuries Chapter 8: Resolving Elbow Injuries Chapter 9: Resolving Carpal Tunnel Syndrome Chapter 10: Resolving Knee Injuries Chapter 11: Resolving Injuries to the Achilles Tendon Chapter 12: Resolving Plantar Fasciitis Chapter 13: FAQ: Frequently Asked Questions Glossary Index

public, this book features 320 black and white pages of information, illustrations, and exercises.

Book Information

Paperback: 318 pages Publisher: Rowan Tree Books Ltd.; 2 edition (April 25, 2012) Language: English ISBN-10: 0987866206 ISBN-13: 978-0987866202 Product Dimensions: 5.5 x 0.9 x 8.5 inches Shipping Weight: 1 pounds (View shipping rates and policies) Average Customer Review: 3.0 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #809,871 in Books (See Top 100 in Books) #127 in Books > Medical Books > Administration & Medicine Economics > Health Risk Assessment #279 in Books > Medical Books > Pharmacology > Pain Medicine #518 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation

Customer Reviews

This is a long infomercial for ART. You can't treat yourself, you have to find a therapist. The exercises they recommend are very common and generic. This book costs way too much for the paltry information it contains.

Bought this book to try to deal with a pianist's tendonitis and tennis elbow. EXCELLENT notes and pictures with multiple angles addressed. Great book.

It's very simplified and reduced down to basics. But it may be helpful for a patient looking to learn more about a pathology they may be suffering from. It's cheap and you can get it instantly.

when I got this book I was surprise how good is this book. I recommended to every one studying massage therapy.

No significant substance describing ART and the exercises described are generic.

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