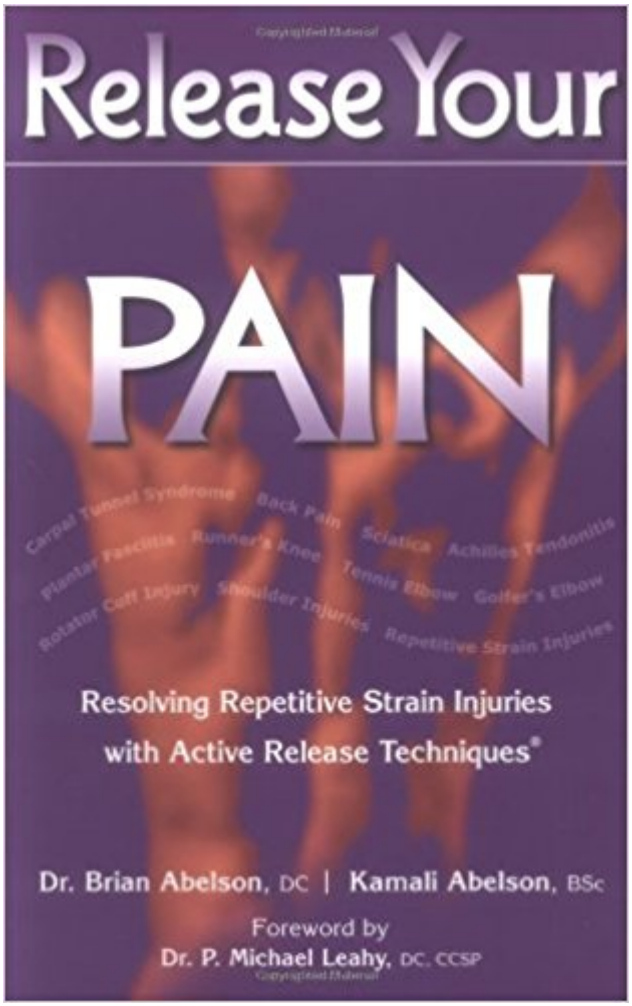
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Release Your Pain: Resolving Repetitive Strain Injuries With Active Release Techniques



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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

Paperback: 240 pages

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Average Customer Review: 3.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #1,709,508 in Books (See Top 100 in Books) #18 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #1517 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #4500 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

"If you have a soft tissue problem, then read this book, and donÃ¢â ¬â„¢t be satisfied with anything but the real solution!"- Dr. P. Michael Leahy, DC, CCSP"My injury left me with no chance of ever playing hockey again. Now, after being treated with ART and a proper rehabilitation program, I have completely regained my career in hockey."Ã¢â ¬â œ Gary Roberts, NHL Forward Ã¢â ¬â œ North Carolina Hurricanes"Professional football is a tough sport. I prepare for each game using ART. The benefit to me? Just ask the guys I play against."- Bill Romanowski, Linebacker Ã¢â ¬â œ Oakland Raiders"All the doctors said I needed surgery for impingement syndrome in both shoulders. After one treatment, I rebooked all my competitions and trained to be in the best shape of my life."- Milos Sarcev, Mr. Universe, 1989

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. --This text refers to an out of print or unavailable edition of this title.

I have to agree with some of my precedessors 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 setion is probaly 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.

i’m very much into "DIY physical therapy, ie: myofacsial 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.

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.

This is mostly an introduction into the world of Active Release Therapy and why it works and why you need it. It offers a few ’do -it-yourself’exercises and that is that!! the whole book in a nutshell. So, if you need to know more about the therapy , you will like it but NOT to RELIEVE PAIN!!I accidentally gave it 3 stars, 1.5 or 2 is more accurate ****FOR PAIN RELIEF********** ’The Trigger

Point Therapy Workbook 2nd edition' is what you may want.We use it and find we don't have to take drugs most of the time. We both haveinjuries and we even have shown my 83 year old mom how to do techniques and it brought her relief...NOTE--get a theracane for those who are solo..they are available on and use w/ the Trigger Point book. The techniques are sound and they work.

Does not give any "how to"

My daughter and son in law are runners and this was the perfect gift for him, actually for both of them.

This book spends page after page telling you about a great method for pain release without giving you one bit of usable information.

Release Your Pain is a great book for any type of bodyworker. I'm a massage therapist, and recently developed golfer's elbow. This book helped me discover the source of my issue, in the subscapularis muscle, and I was able to resolve the problem in just two days by working out the adhesion. This book is very helpful for many types of repetitive strain injuries. I see the value in ART, and believe it can help many people overcome painful symptoms and reverse chronic issues!

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Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Repetitive Strain Injuries Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) 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 [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain,

healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Repetitive Strain Injury: A Computer User's Guide Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan The Repetitive Strain Injury Recovery Book The Repetitive Strain Injury Sourcebook Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury OSHA Repetitive Strain Injury Overcoming Repetitive Motion Injuries the Rossiter Way Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery

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