



# **Release Your Pain: 2nd Edition - EBOOK: Resolving Soft Tissue Injuries with Exercise and Active Release Techniques**

*Kamali Thara Abelson BSc., DC., Dr. Abelson Brian James*

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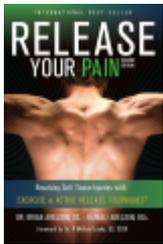
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## RELEASE YOUR PAIN: 2nd Edition - EBOOK

### Resolving Soft Tissue Injuries with Exercise and Active Release Techniques

**Take control of your condition! Thousands of people have used this international best-seller to obtain relief from the pain and dysfunction caused by soft-tissue injuries.**



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 new pages of information, 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 to help you resolve your pain-causing condition.

Written for the general public, by the internationally best-selling authors Dr. Brian Abelson and Kamali Abelson, this EBOOK version is fully HYPERLINKED, from its detailed table of contents, to the comprehensive index, and to all the exercise routines in this book. So you can quickly and easily navigate to all the topics that most interest you. Best of all, you can enjoy its full-color format, and view all the numerous illustrations and exercises as they are meant to be seen.

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## INTRODUCING 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 practitioners are able to locate and break 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.

# **TAKE CONTROL OF YOUR PAIN**

This book, along with your practitioner, can help you obtain relief from your conditions, and attain a strong, healthy body. By using the specially designed exercise routines in this book, you can take the first step in managing conditions such as:

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