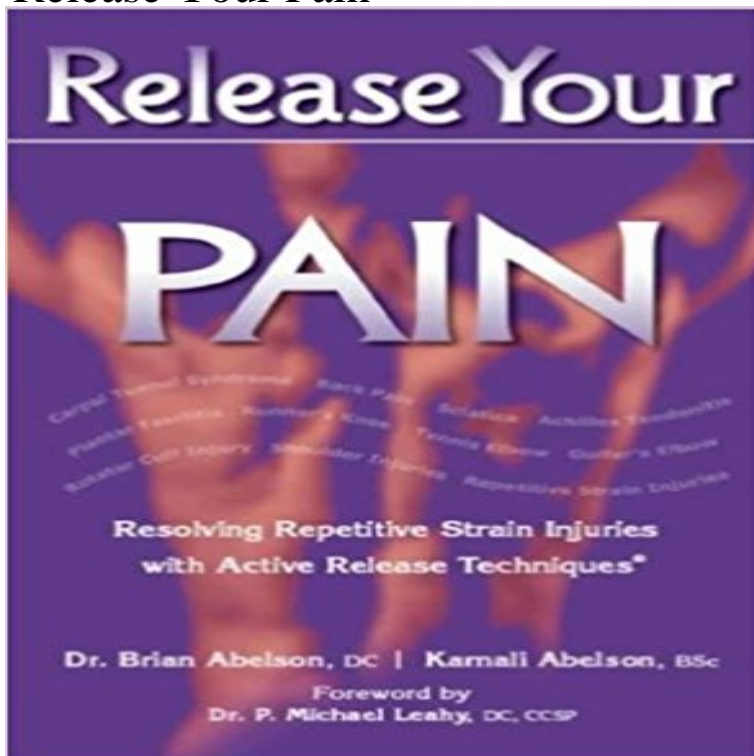


Release Your Pain



Does pain inhibit your enjoyment of activities, and interfere with your lifestyle? Resolve Repetitive Strain Injuries with Active Release Techniques. Live pain-free! Read Release Your Pain to understand the real cause of your pain, how it can be resolved, and how you can take control of your life again! Take control of your pain...read this book! Understand the real causes of your Repetitive Strain Injuries or soft-tissue injury! Understand what works and what doesn't! Then get proactive, discuss this treatment method with your health care practitioner, find a practitioner who can really help you (we tell you how and where. And use the special and powerfully effective exercises at the end of each chapter to keep these conditions from re-occurring. If you suffer from one or more of the following conditions, and want to become pain-free, then READ THIS BOOK! Achilles Tendonitis Ankle Injuries Back Pain/injuries Bicipital Tendonitis Bunions and Bursitis Carpal Tunnel Syndrome Compartment Syndrome Foot Pain and Injury Frozen Shoulder Gait Imbalances Golf Injuries Golfers Elbow (Tendonitis) Hand Injuries Headaches Hip Pain Hyperflexion Injuries Iliotibial Band Syndrome Impingement Syndromes Joint Dysfunctions Knee and Leg Pain Knee Meniscus Injuries Muscle Pulls Or Strains Muscle Weakness Myofasciitis Neck Pain Nerve Entrapment Syndromes Repetitive Strain Injuries Plantar Fasciitis Post-Surgical Restrictions Running Injuries Rib Pain Rotator Cuff Syndrome Shin Splints Scar Tissue Formation Sciatica Swimmers Shoulder Shoulder Pain Sports Injuries Thoracic Outlet Syndrome Tendonitis Tennis Elbow Weight Lifting Injuries Throwing Injuries TMJ Whiplash Wrist Injuries

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