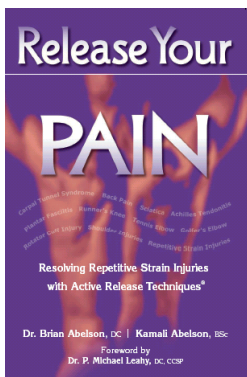




Your Company Name
 Your Company Address
 City, State/Province, Postal Code
 Phone: 555-555-5555
 Fax: 555-555-5555

Enjoy your complimentary copy of Release Your Pain



Release Your Pain – Resolving Repetitive Strain Injuries with Active Release Techniques describes a truly effective means for addressing the pain caused by repetitive actions and soft tissue injuries.

In most cases, by receiving treatments with Active Release Techniques, you can see substantial improvements after just 6-8 treatments. By applying the focused and powerful exercises in each chapter, you can learn to become pain-free, and prevent these conditions from re-occurring.

Best of all, you can return to your job and activities, and perform at your best, without suffering from the debilitating effects of pain caused by soft-tissue injuries.

This book provides you, the reader, with an informative, easy-to-read introduction to the real causes of repetitive strain injuries, it shows how Active Release Techniques can quickly resolve most RSI cases, describes illuminating case studies, and best of all, provides effective exercises to prevent the condition from re-occurring.

- It is the *only* book in the market that talks about the popular, powerful, and effective Active Release Techniques method for resolving repetitive strain injuries.
- It is endorsed by Dr. Michael Leahy, the developer of Active Release Techniques. Dr. Michael Leahy wrote the foreword for this book.
- It contains detailed descriptions about each major RSI condition, and describes the pros/cons of both traditional and new methods for resolving these problems.
- It includes interesting and inspiring case studies from people who have found resolution for their RSI problems.

Active Release Techniques can help you to decrease the skyrocketing costs of soft-tissue injuries caused by accidents, trauma, and repetitive job-related actions.

We hope that you enjoy this book and are pleased with the results that you achieve with your Active Release Treatment. If any of your friends, family, or acquaintances suffer from a soft-tissue injury, please do refer them to us, and help them to benefit from this remarkable technique.

Yours Sincerely

YOUR_NAME

Active Release Techniques®, an innovative and effective treatment method for soft tissue injuries, is a proven and effective means for treating and resolving these and other soft-tissue conditions.

- Achilles Tendonitis
- Ankle Injuries
- Back Pain
- Carpal Tunnel Syndrome
- Foot Pain and Injury
- Frozen Shoulder
- Gait Imbalances
- Golfer's Elbow
- Golf Injuries
- Hand Injuries
- Headaches
- Hip Pain
- Iliotibial Band Syndrome
- Knee and Leg Pain
- Muscle Pulls and Strains
- Neck Pain
- Plantar Fasciitis
- Repetitive Strain Injuries
- Rotator Cuff Syndrome
- Running Injuries
- Scar Tissue Formation
- Sciatica
- Shin Splints
- Shoulder Pain
- Sports Injuries
- Swimmer's Shoulder
- Tennis Elbow
- TMJ
- Weight Lifting Injuries
- Wrist Injuries

