

Release Your

PAIN

Carpal Tunnel Syndrome Neck Pain Sciatica Achilles Tendonitis
Plantar Fasciitis Runner's Knee Tennis Elbow Golfer's Elbow
Rotator Cuff Injury Shoulder Injuries Repetitive Strain Injuries

**Resolving Repetitive Strain Injuries
with Active Release Techniques®**

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Foreword by
Dr. P. Michael Leahy, DC, CCSP

Release Your Pain Resolving Repetitive Strain Injuries With Active Release Techniques

SB Merriam



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