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Are you looking for effective solutions to your repetitive strain injuries? Then this is the book for you! The following table summarizes the key contents of the chapters in this book.

For this information...	Read these sections...
To understand the true cause of the RSI problem, why it occurs, all of its various forms, and the scientific concepts behind the theories.	<ul style="list-style-type: none"> ■ <i>Why is RSI a Problem?</i> - page 1. ■ <i>The Specifics of RSI</i> - page 7.
To learn about Active Release Techniques, its concepts, history, and solutions.	<ul style="list-style-type: none"> ■ <i>About Active Release Techniques (ART)</i> - page 15.
To learn about: <ul style="list-style-type: none"> ■ Specific and common types of RSI. ■ How the condition can be resolved with ART. ■ How to prevent a reoccurrence of this condition. 	<ul style="list-style-type: none"> ■ <i>Carpal Tunnel Syndrome</i> - page 31. ■ <i>Elbow Injuries</i> - page 59. ■ <i>Shoulder Injuries</i> - page 73. ■ <i>Plantar Fasciitis</i> - page 95. ■ <i>Injuries to the Achilles Tendon</i> - page 109. ■ <i>Knee Injuries</i> - page 125. ■ <i>Back Pain</i> - page 155.

For a more detailed breakdown, see the following pages for a detailed table of contents.

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