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2 IMPROVES RANGE OF MOTION

ART® treatments can FOLLOWING help improve range of motion and adjustability in those with damaged muscles

3 REDUCES CHRONIC LOWER BACK PAIN

ART® can help break up scar tissue and release compressed nerves to relieve back pain

4 TREATS CARPEL TUNNEL SYNDROME

ART® uses manual pressure or a specialized form of massage to break up scar tissue

5 HELPS PREVENT SPORTS INJURIES & IMPROVE PERFORMANCE

ART® helps restore normal muscle and connective tissue function keeping the body flexible by reducing fibrous tissue accumulation which can go unnoticed in athletes



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Active Release Technique Manual Tinnitus

Elena Bablenis Haveles



Active Release Technique Manual Tinnitus:

Textbook of Tinnitus Winfried Schlee, Berthold Langguth, Dirk De Ridder, Sven Vanneste, Tobias Kleinjung, Aage R. Møller, 2024-03-22 This book describes the theoretical background of the different forms of tinnitus ringing in the ears and detailed knowledge of state of the art treatments of tinnitus Tinnitus has many forms and the severity ranges widely from being non problematic to severely affecting a person's daily life How loud the tinnitus is perceived does not directly relate to how much it distresses the patient Thus even tinnitus very close to the hearing threshold can be a disabling symptom It can reduce the quality of life by generating anxiety and concentration problems impairing the ability to do intellectual work making it difficult to sleep causing depression and sometimes even leading to suicide Textbook of Tinnitus has filled a void by providing a comprehensive overview about the different forms of tinnitus their pathophysiology and their treatment However since the publication of the first edition of the Textbook of Tinnitus in 2011 tinnitus research has dramatically evolved In view of the substantial increase in knowledge most chapters in this second edition are newly written and a few original chapters have had major updates This edition has nine sections covering the basics of tinnitus the neurobiology of tinnitus pathophysiological models animal research diagnosis and assessment various forms of management and treatment and finally a look at the future of tinnitus and tinnitus research The book will be of great interest to otolaryngologists neurologists psychiatrists neurosurgeons primary care clinicians audiologists and psychologists and students Because of its organization and its extensive subject index Textbook of Tinnitus Second Edition can also serve as a reference for clinicians who do not treat tinnitus patients routinely

Payne's Handbook of Relaxation Techniques E-Book Caroline Belchamber, 2021-09-14 The new edition of this highly regarded text will help you understand and apply the most appropriate psychological interventions and relaxation techniques for people experiencing anxiety depression and psychological distress Easy to follow for healthcare professionals students and the general public across a variety of settings The text provides evidence based techniques for addressing the person's needs in a personalised manner thereby achieving better outcomes The range of strategies covered includes talking therapies breathing techniques mindfulness and physical activities The text has been edited by Dr Caroline Belchamber to incorporate a new section on application in practice which covers COVID 19 long term conditions palliative supportive and end of life care Comprehensive and easy to follow toolkit Relaxation techniques organised into somatic and cognitive approaches Application to practice Learning outcomes key points reflective activities and case studies in each chapter Easy scripts to follow with step by step guidance Three new chapters on COVID 19 palliative supportive and end of life care and long term conditions Fully updated references and evidence base

Tinnitus Jos J. Eggermont, Fan-Gang Zeng, Arthur N. Popper, Richard R. Fay, 2012-07-06 Tinnitus is a prevalent hearing disease affecting 15% of the population particularly hearing impaired veterans and even young people who grow up with mp3 players and iPods The mechanisms underlying tinnitus remain controversial At present there is no cure for tinnitus and treatment options are limited Different

from previous tinnitus books including A R Moller's book in press at Springer which typically have a strong clinical flavor the present volume focuses on neural mechanisms of tinnitus and its behavioral consequences The proposed book starts with a general summary of the field and a short introduction on the selection and content of the remaining chapters Chapter 2 overviews tinnitus prevalence and etiologies to set the tone for significance and complexity of this neurological disorder spectrum Chapters 3-8 cover neuroscience of tinnitus in animal models from molecular mechanisms to cortical manifestation Chapters 9-12 cover human brain responses to tinnitus and its clinical management

E-Book - Clinical Application of Neuromuscular Techniques, Volume 1 Leon Chaitow, Judith DeLany, 2008-03-06 The book discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Step by step protocols that address each muscle of a region and a regional approach to treatment are features that make this book unique A structural review of each region including ligaments and functional anatomy adds value for new students and practitioners alike Comprehensive one stop text on care of somatic pain and dysfunction Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions All muscles covered from perspective of assessment treatment of myofascial pain Describes the normal anatomy and physiology as well as the dysfunctions which may arise Gives indications for treatments and guidance on making the appropriate treatment choice for each patient Combines NMT MET PR and much more to give a variety of treatment options for each case Describes the different NMT techniques in relation to the joint anatomy involved Practical step by step technique descriptions Includes not only manual techniques but also acupuncture hydrotherapies and nutritional support as well as guidance for the patient in the use of self help approaches Two color format Up to date evidence based content

Myofascial Trigger Points Jan Dommerholt, Peter Huijbregts, 2010-10-22 Myofascial Trigger Points Pathophysiology and Evidence Informed Diagnosis and Management's emphasis is on the etiology of trigger points with a critical overview of current concepts The contributing authors are the most respected myofascial pain research and practice experts The authors address the etiology of trigger points the epidemiology of myofascial pain clinical management of patients specific treatment issues and the role of trigger points in various pain syndromes This book is an accessible introduction to myofascial trigger points for physicians therapists chiropractors osteopaths acupuncturists and massage therapists

Manual of Contemporary Otological Practice Uma Patnaik, Amit Sood, Dilip Raghavan, Sabarigirish K, 2021-09-19 Practice of otology today requires a contemporary knowledge base coupled with concurrent skill sets and tempered with familiarity of the technological advances This manual has been designed to address these three domains making it a ready reference to guide specialists on the standards of care in practice The chapters explore the current concepts with a background of past practices touching upon the basics of anatomy and physiology before dealing with clinical conditions and their management covering specific clinical scenarios to develop a patient oriented approach in the readers using evidence based guidelines Key Features Focuses on clinical scenarios decision

making and current concepts providing patient based scenarios which are relevant to all surgeons practicing otology Serves as a companion guide to standards of care for Otolologists neurotologists otorhinolaryngologists young surgeons and senior residents Discusses various controversies in this field and provides a general consensus guideline which is likely to be acceptable to most practitioners

Clinical Application of Neuromuscular Techniques Leon Chaitow, Judith DeLany, 2005-01-01 Designed to assist the student in acquiring and applying the ideas concepts and methods contained in the two volumes of Clinical Application of Neuromuscular Techniques This title presents 34 case histories differential diagnosis discussions and questions Questions regarding contra indications tests and details are also provided

Massage Fusion Rachel Fairweather, Meghan Mari, 2015-07-01 Massage Fusion is an essential companion for any manual therapist interested in treating common pain issues Acclaimed teachers and therapists Rachel Fairweather and Meghan Mari offer a practical and dynamic step by step approach to gaining results with persistent client problems such as low back pain neck pain headaches carpal tunnel syndrome TMJ disorders stress related conditions and stubborn sporting injuries The book outlines a clear and evidence based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work trigger point therapy acupressure stretching and client self care suggestions Named after the authors successful UK based training company the Jing method has helped thousands of therapists build their practices Beautifully illustrated with clear photographs of each step this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence Drawing on both the available evidence and several decades of clinical experience Massage Fusion brings together art and science East and West philosophy and psychology into a joyful exploration of how to gain the best results for your clients A must read for all bodyworkers who want to be the best

Massage and Manual Therapy for Orthopedic Conditions Thomas Hendrickson, 2020-05-22 This book introduces massage techniques for orthopedic conditions promoting the alignment of soft tissue relating to pain and dysfunction An essential manual for clinical massage therapy it contains brief descriptions of rationale behind orthopedic massage mechanisms of injury to and repair of soft tissue and anatomy of each body area The Second Edition also includes detailed assessment for each body region discusses common lesions and provides illustrated instructions on how to administer this scientifically based style of massage Based on traditional orthopedic assessment protocols coverage includes range of motion passive and isometric testing and tests that determine the severity of a condition or injury

Clinical Application of Neuromuscular Techniques: The upper body Leon Chaitow, Judith DeLany, 2008-01-01 Discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Includes step by step protocols that address each muscle of a region and a regional approach to treatment and gives a structural review of each region including ligaments and functional anatomy

Pfenninger and Fowler's Procedures for Primary Care E-Book Grant C. Fowler, 2019-03-24 Primary care clinicians are performing more varied procedures than ever before and physicians

residents and students need a comprehensive authoritative resource that provides trusted information in an easy to follow format Through three outstanding editions Pfenninger and Fowler's Procedures for Primary Care has been the go to reference for step by step strategies for nearly every medical procedure that can be performed in an office hospital or emergency care facility by primary care providers This 4th Edition continues that tradition with new section editors updated illustrations new chapters and much more No other primary care procedure book compares with Pfenninger and Fowler's breadth and depth of practical step by step content Provides comprehensive real world coverage of more than 230 procedures that arise in the primary care setting including many that were previously performed only in subspecialty settings such as joint injections and cosmetic procedures Includes new chapters Esophageal Foreign Body Removal Manual Testicular Detorsion Symphysiotomy Zipper Injury Management and Blood Products Presents the how to expertise of six new section editors for a fresh contemporary perspective throughout the book Additional focus on the evidence with plentiful citations to key references makes this the most evidence based edition yet Features numerous updated illustrations including many more in full color and incorporates updated ICD 10 CM codes throughout Provides access to online resources including patient education handouts and consent forms lists of device manufacturers and more Utilizes a concise outline format detailed text and illustrations and abundant boxes and tables for quick access to the information you need Enhanced eBook version included with purchase which allows you to access all of the text figures and references from the book on a variety of devices

Fundamentals of Complementary and Alternative Medicine - E-Book Marc S. Micozzi, 2014-11-20 Practitioners like you have been turning to Micozzi's comprehensive CAM text for the past 20 years Filled with the most up to date information on scientific theory and research and updated contributions from world experts Fundamentals of Complementary and Alternative Medicine 5th Edition gives you a solid foundation of the therapies and evidence based clinical applications for CAM and expands your global perspective with new and updated chapters on healing systems from around the world Dive into interesting discussions on massage manual therapies and bodywork yoga chiropractic osteopathy herbal medicine aromatherapy and essential oils therapy nature cure naturopathy and naturopathic medicine and nutrition and hydration With its wide range of topics this 20th anniversary edition is your ideal CAM reference A broad perspective traces CAM therapies from their beginnings to present day practices Clinical guides for selecting therapies and new advances for matching the appropriate therapy to the individual patient enables you to offer and or recommend individualized patient care Expert contributors include well known writers such as Kevin Ergil Patch Adams Joseph Pizzorno and Marc Micozzi himself A unique synthesis of information including historical usage cultural and social analysis current basic science theory and research and a wide range of clinical investigations and observations makes this text a focused authoritative resource Suggested readings and references in each chapter list the best resources for further research and study Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity so you can carefully evaluate

each treatment An evidence based approach focuses on treatments best supported by clinical trials and scientific evidence Observations from mechanisms of action to evidence of clinical efficacy answers questions of how why and when CAM therapies work Global coverage includes discussions of traditional healing arts from Europe Asia Africa and the Americas NEW Updated chapters feature new content and topics including challenges in integrative medicine legal issues CAM in the community psychometric evaluation placebo effect stress management and much more NEW Updated guides on common herbal remedies in clinical practice East and Southeast Asia and native North and South America deliver the latest information NEW Revised chapters with new contributors offer fresh perspectives on these important and relevant topics EXPANDED Basic science content and new theory and research studies cover a wide range of sciences such as biophysics biology and ecology ethnomedicine psychometrics neurosciences and systems theory NEW New and expanded global ethnomedical systems include new content on Shamanism and Neo Shamanism Central and North Asia Southeast Asia Nepal and Tibet Hawaii and South Pacific Alaska and Pacific Northwest and contemporary global healthcare

Otologic Surgery E-Book Derald Brackmann, Clough Shelton, Moises A. Arriaga, 2015-09-21 Now in brilliant full color Otologic Surgery 4th Edition by Drs Derald Brackmann Clough Shelton and Moses A Arriaga offers comprehensive step by step coverage of the full range of surgeries of the ear and skull base Through crisp line drawings high quality photographs and more than 50 procedural videos online it provides detailed visual guidance that highlights the clinical expertise of dozens of the most respected specialists in the field You ll find the authoritative guidance you need to hone your surgical skills and ensure optimal outcomes for your patients Step by step coverage includes discussions of alternate approaches and controversial issues as well as patient evaluation patient selection and patient counseling for every procedure Detailed color illustrations and photographs depict the full range otologic surgical techniques New sections cover pediatric aspects of numerous procedures and considerations for revision surgeries Meticulous updates throughout reflect the latest surgical procedures and practices including changes in existing techniques

Textbook of Natural Medicine - E-Book Joseph E. Pizzorno, Michael T. Murray, 2020-06-26 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Complementary Integrative Health

Neuroscience - E-Book Laurie Lundy-Ekman, 2022-04-20 Use your knowledge of the nervous system to understand and treat neurologic disorders Neuroscience Fundamentals for Rehabilitation 6th Edition provides an illustrated guide to neurology and how it affects the practice of physical and occupational therapy Case studies and first person stories from people with neurologic disorders make it easier to develop clinical reasoning skills and apply your knowledge to the clinical setting This edition includes an enhanced eBook free with each purchase of a new print book Written by noted PT educator Laurie Lundy Ekman Neuroscience uses evidence based research to help you evaluate and treat clients who have physical limitations due to nervous system damage or disease Logical systems approach to neuroscience makes it easier to master complex information and provides a framework for conducting a neurologic examination and evaluation Clinical

perspective of neuroscience is provided through case studies personal stories written by people with neurologic disorders and summaries of key features of neurologic disorders and the body systems they affect Six sections Overview of Neurology Neuroscience at the Cellular Level Development of the Nervous System Vertical Systems Regions and Neurologic Tests first show how neural cells operate and then allow you to apply your knowledge of neuroscience Coverage of key physical rehabilitation topics includes abnormal muscle tone chronic pain control of movement and differential diagnosis of dizziness Hundreds of color coded illustrations show body structures and functions across systems Full color atlas includes photographs of the human brain along with labeled line drawings Clinical Notes case studies demonstrate how neuroscience concepts may be applied to clinical situations Pathology boxes provide a quick summary of the features of neurologic disorders commonly encountered in rehabilitation practice NEW Quick Reference Lists on the inside book covers make it easy to find frequently consulted figures reflexes tables and summaries within the text NEW Updated chapters include Pain as a Disease and as a Symptom Motor System Upper Motor Neurons Motor and Psychologic Functions Brainstem Region and Neurologic Tests NEW 85 new or updated figures are added to this edition NEW Nearly 600 new references are added to this edition NEW Enhanced eBook version included with print purchase allows you to access all of the text figures and references from the book on a variety of devices NEW Answers to the book s case studies and a student workbook with approximately 1 000 practice questions and answers are included in the eBook

Mosby's Dental Drug Reference - E-Book Arthur H. Jeske, 2011-07-18 Ideal for chairside use by the entire dental team Mosby s Dental Drug Reference provides guidelines for safe accurate drug administration More than 800 drug monographs make it easy to find indications and dosages contraindications interactions side effects serious reactions and dental specific drug information With profiles of drugs recently approved by the FDA this edition is completely up to date A companion Evolve website adds regular drug updates and a CD offers a full color pill atlas and printable patient education handouts From lead editor Arthur Jeske a well known researcher and author on dental pharmacology this pocket sized reference provides the current concise drug information you need at the point of care User friendly durable pocket sized format provides information at a glance and makes this guide ideal for chairside use More than 800 detailed monographs include each drug s generic name pronunciation brand names drug class controlled substances schedule mechanism of action uses or indications doses and routes of administration side effects adverse reactions contraindications precautions pharmacokinetics drug interactions of concern to dentistry and other dental considerations Dental considerations include suggestions for consultations and recommendations for the patient family in preventing dental complications A companion CD includes a full color pill atlas a searchable glossary of terms with pronunciations illustrations of drug related pathologic oral conditions and patient information handouts Useful appendices summarize information such as combination products food and herbal interactions pregnancy and pediatric considerations and IV compatibilities and incompatibilities The companion Evolve website includes patient teaching guides a full color pill

atlas all appendices from the text alternative medicine information and regular updates to the book New monographs for recently FDA approved drugs include up to date dental considerations More emphasis on oral health prevention and treatment from the dental hygienist s perspective helps in educating the patient Stronger coverage of oral contraceptives includes brand names with generic names when possible A list of common prescriptions in the appendix includes the use for each along with rationales providing a quick reference when considering a drug s implications for dental treatment Expanded resources on CD include a search function and pronunciations for the glossary plus crossword puzzles word searches and additional illustrations of common oral complications making it easier to recognize terms drug classes and pathologic conditions

Cummings Otolaryngology - Head and Neck Surgery E-Book Paul W. Flint, Bruce H. Haughey, K. Thomas Robbins, Valerie J. Lund, J. Regan Thomas, John K. Niparko, Mark A. Richardson, Marci M. Lesperance, 2010-03-09 Through four editions Cummings Otolaryngology has been the world s most trusted source for comprehensive guidance on all facets of head and neck surgery This 5th Edition edited by Paul W Flint Bruce H Haughey Valerie J Lund John K Niparko Mark A Richardson K Thomas Robbins and J Regan Thomas equips you to implement all the newest discoveries techniques and technologies that are shaping patient outcomes You ll find new chapters on benign neoplasms endoscopic DCR head and neck ultrasound and trends in surgical technology a new section on rhinology and coverage of hot topics such as Botox Plus your purchase includes access to the complete contents of this encyclopedic reference online with video clips of key index cases Overcome virtually any clinical challenge with detailed expert coverage of every area of head and neck surgery authored by hundreds of leading luminaries in the field See clinical problems as they present in practice with 3 200 images many new to this edition Consult the complete contents of this encyclopedic reference online with video clips of key index cases Stay current with new chapters on benign neoplasms endoscopic DCR head and neck ultrasound and trends in surgical technology a new section on rhinology and coverage of hot topics including Botox Get fresh perspectives from a new editorial board and many new contributors Find what you need faster through a streamlined format reorganized chapters and a color design that expedites reference

Mosby's Canadian Nursing Drug Reference - E-Book Linda Skidmore-Roth, Faith Richardson, 2020-07-09 The first truly Canadian adaption of the first name in drug references Mosby s Canadian Nursing Drug Reference 1st Edition makes it easy for you to find the latest most vital dosing and administration information on more than 5 000 Health Canada approved drugs This portable full colour handbook emphasizes patient safety throughout with special Warnings for potentially lethal reactions and Alerts for clinical situations requiring special attention Designed to help you develop clinical reasoning in practice and think critically in the classroom this unique nursing drug reference is perfect for use at home and on the job The companion website includes classroom friendly documents showing how to read drug references descriptions of drug family classifications therapeutic uses overarching cautions and more More than 5 000 Health Canada approved generic and trade name drugs are profiled covering almost every drug you will administer in

practice or in clinicals Complete pharmacokinetic information includes the mechanism and absorption of the drug as well as its action duration and excretion Logical alphabetical organization by generic name provides quick and easy access to specific drugs and a full colour design highlights important information Nursing Process steps are used as the framework for organizing all nursing care information Logical organization of adverse effects organized by body system are identified as common or life threatening and show you signs to watch for during assessments Coverage of IV drug administration highlights dosage and IV administration instructions including safety considerations and Y site syringe and additive compatibilities Warning feature icon alerts you to important information Nurse Alert feature icon highlights the most critical interactions and side effects that you must be aware of during clinicals NEW The latest Health Canada approved drugs ensures students have access to the most up to date medications NEW Health Canada recommended vaccines and immune globulins appear throughout text for students to easily reference NEW SI units included throughout the text for easy reference NEW High Alert Canadian Medications threaded throughout the text NEW and UNIQUE Biohazard alerts included to keep you safe when administering medications NEW Canadian Controlled Substances threaded throughout the text NEW Seven all new comprehensive Canadian Appendices useful in practice and in nursing education NEW Fully revised and expanded Evolve site including a pedagogical oriented document of how to read and use a medication reference and the development of clinical reasoning in practice overviews of drug classifications case studies of patient nurse encounters demonstrating best practice and accompanying multiple choice review questions

Applied Pharmacology for the Dental Hygienist E-Book Elena Bablenis Haveles, 2018-12-20 With a focus on the most commonly used drugs in dentistry Applied Pharmacology for the Dental Hygienist 8th Edition provides you with an in depth understanding of the pharmacologic principles needed for safe and effective dental treatment and oral health care It discusses drug properties and mechanisms of action dosages intended effects interactions and adverse reactions both for the medications a patient may already be taking and for the drugs prescribed by the dentist This new edition has been updated throughout to give you a firm foundation in pharmacology in order to assess and educate patients so they can maintain optimal oral health IMPROVED Test Bank with cognitive leveling based on Bloom s Taxonomy mapped to the National Board Dental Hygiene Examination NBDHE blueprint Comprehensive coverage with a dental focus provides you with an in depth understanding of the most commonly used drugs how they work and how they affect patients oral health and dental treatment options Multiple opportunities for classroom and board exam prep offers summaries and review questions at the end of each chapter helping you to assess your knowledge of the material Key terms are bolded and in color within each chapter and defined in a handy glossary Full color design engages the reader and includes additional illustrations showing basic principles and internal processes along with photographs of oral conditions and side effects Separate drug index provides easy look up of specific drugs and types of drugs Quick reference appendixes include resources such as the top 200 drugs medical acronyms and

information on herbal and dietary supplements NEW Updated drug content throughout including new side effects and warnings for many commonly seen drugs NEW Elsevier Animation Collection clips on Evolve includes systemic anatomy and physiology

Medical-Surgical Nursing - E-Book Sharon L. Lewis, Linda Bucher, Margaret M. Heitkemper, Shannon Ruff Dirksen, 2014-03-14

Over the past three decades more and more nursing educators have turned to Lewis Medical Surgical Nursing for its accurate and up to date coverage of the latest trends hot topics and clinical developments in the field of medical surgical nursing and the new ninth edition is no exception Written by a dedicated team of expert authors led by Sharon Lewis Medical Surgical Nursing 9th Edition offers the same easy to read style that students have come to love along with the timely and thoroughly accurate content that educators have come to trust Completely revised and updated content explores patient care in various clinical settings and focuses on key topics such as prioritization critical thinking patient safety and NCLEX exam preparation Best of all a complete collection of interactive student resources creates a more engaging learning environment to prepare you for clinical practice Highly readable format gives you a strong foundation in medical surgical nursing Content written and reviewed by leading experts in the field ensures that the information is comprehensive current and clinically accurate Bridge to NCLEX Examination review questions at the end of each chapter reinforce key content while helping you prepare for the NCLEX examination with both standard and alternate item format questions UNIQUE Levels of Care approach explains how nursing care varies for different levels of health and illness More than 50 comprehensive nursing care plans in the book and online incorporate NIC NOC and current NANDA diagnoses defining characteristics expected outcomes specific nursing interventions with rationales evaluation criteria and collaborative problems Over 800 full color illustrations and photographs clearly demonstrate disease processes and related anatomy and physiology NEW Unfolding case studies included throughout each assessment chapter help you apply important concepts and procedures to real life patient care NEW Managing Multiple Patients case studies at the end of each section give you practice applying your knowledge of various disorders and help you prioritize and delegate patient care NEW Informatics boxes discuss how technology is used by nurses and patients in health care settings NEW Expanded coverage of evidence based practice helps you understand how to apply the latest research to real life patient care NEW Expanded Safety Alerts throughout the book cover surveillance for high risk situations NEW Separate chapter on genetics expands on this key topic that impacts nearly every condition with a focus on the practical application to nursing care of patients NEW Expanded coverage of delegation includes additional Delegation Decisions boxes covering issues such as hypertension and postoperative patient care NEW Genetic Risk Alerts and Genetic Link headings highlight specific genetic issues related to body system assessments and disorders NEW Revised art program enhances the book's visual appeal and lends a more contemporary look throughout

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Active Release Technique Manual Tinnitus Introduction

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