Your Clinic Name
Your Clinic Address.
City, Prov/State, Postal Code
Phone: 555-555-5555
Fax: 555-555-5555

We Appreciate Your Business

Our staff at ***YOUR CLINIC NAME*** would like to take this opportunity to **Thank You** for your patronage at our clinic.

Please Continue Your Exercises

Once we have released the restrictive adhesions between tissues, appropriate post-treatment exercises become a critical part of the healing process and act to ensure the repetitive strain injury (RSI) does not return. Please continue the exercises outlined by your doctor, as this is the best way to prevent a reoccurrence of your injury.

If you have any further questions about how Active Release Techniques works, or about the benefits of your prescribed exercises, we would recommend reading the book **Release Your Pain –** *Resolving Repetitive Strain Injuries with Active Release Techniques*.

Performance Care

Once our patients have received ART treatments to resolve obvious soft-tissue injuries, they are often keen to return to activities and sports that were previously denied to them by their injury.

At this point, ART can provide you with a means to enhance your sports performance by identifying and releasing restrictions that reduce their performance in that particular activity. These other restrictions may not cause you pain at this time, but instead keep you from performing at your peak potential, by restricting your range-of-motion, power, and flexibility.

ART Performance Care has been used to improve athletic performance for everyone from the amateur athlete to Olympic Gold medalists. If you would like more information about this aspect of our service, please speak to our front desk staff or to your doctor.

We Appreciate Your Referrals

The highest honor you can bestow on us is by referring someone you care about to our clinic. We want to let you know that we appreciate this trust and will do our best to provide excellent service to everyone you send us.

We sincerely hope you will tell your friends, family, neighbors, and co-workers about our services.

All the best in health

YOUR NAME

We can help with a wide variety of conditions...

Active Release Techniques®, 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
- Sport Performance
- Swimmer's Shoulder
- Tennis Elbow
- TMJ
- Weight Lifting Injuries
- Wrist Injuries

Copyright 2004:
Rowan Tree Books/Kinetic Health