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FOR IMMEDIATE RELEASE



Erika Lindland, DPT

**ERIKA LINDLAND, DPT, RECEIVES CERTIFICATION
IN ACTIVE RELEASE TECHNIQUE®**

San Anselmo, CA, November 13, 2009 — Sport & Spine Therapy of Marin is pleased to announce that employee Erika Lindland, DPT, recently became a certified Active Release Technique® (ART) Provider by completing the ART Spine Course that consists of 82 protocols including peripheral nerve entrapments.

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Only healthcare providers that are licensed to work on soft-tissue conditions/injuries can take the ART courses. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART.

Additionally, Sport & Spine therapy congratulates Erika on her recent completion of the Headlands Hundred 50 mile Endurance Run which included (2) 25 mile loops and 10,000 feet of elevation gain in the Marin Headlands. Erika placed 38th overall and 7th in the women's division.

Prior to starting at Sport and Spine Therapy of Marin, Erika received her Doctorate of Physical Therapy from Chapman University in Southern California and her undergraduate degree in Physiology from the University of Oregon.

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About Sport & Spine Therapy of Marin, Inc.

Founded in 1987, Sport & Spine Therapy of Marin, Inc. is a physical therapy organization located in Marin County, CA, providing preventative and post-operative care for a variety of orthopedic-related disorders and sports-related injuries. More information about SSTM is available at www.sstmarin.com.