

Trigger points are "tender, painful knots that develop in muscles and tissues" are a common cause of chronic pain. With more than a quarter of all Americans suffering from various types of daily chronic pain, it is estimated that these hyper-irritated hardened masses are the primary cause of pain 75 percent of the time. Sustained self-treatment is by far the most effective trigger point therapy. Pain Relief with Trigger Point Self-Help helps you understand and then treat your condition, leading to rapid, effective, and lasting pain relief. With full-color photos and illustrations throughout, it explains the physiology of trigger points and teaches you how to:

- Locate your trigger points and understand referred pain
- Prevent trigger points from forming by making simple lifestyle changes, practicing proper body mechanics, and addressing nutritional deficiencies
- Treat trigger points by applying pressure and doing simple stretches
- Understand common pain conditions for each area of the body

Written for anyone wishing to successfully treat his or her own pain, the book is also an invaluable reference for any health-care provider whose patients suffer from either chronic or acute pain.

Laurie Todds Notes on Virginia: With a chapter on Puritans, witches, and Friends, The Night the Bells Rang (Puffin Chapters), The Map, How To Grow Roses, The Coast of England, Wales, and Northern Ireland, The 5-Minute Pain Management Consult (The 5-Minute Consult Series), Twice Promised (The Blue Willow Brides Book #2): A Novel, Gabriella (Paranormal BBW Romance) (Alpha Marked Book 2), Carnelian (The Chalcedony Chronicles Book 1),

Most minor trigger points are probably self-treatable. It is a safe, cheap, and reasonable approach to self-help for many common This article just introduces the basic principles of treating trigger points with self-massage. Amazon Pain Relief with Trigger Point Self-Help Amazon Valerie DeLaune.

Learn how to treat trigger points yourself, and get an overview as well as self-massage Uncoordinated rubbing around on the muscle in question will not help. Are you suffering from muscle pain? Does your shoulder or back feel stiff? You may have developed what is called "trigger points" over the.

Pain Relief with Trigger Point Self-Help is a book that defines 'Trigger points' with excellent demonstrations and explanations. This book teaches readers where.

Pain Relief with Trigger Point Self-Help has 11 ratings and 5 reviews. Ariadna73 said: Very easy to understand and apply. I liked the photographs and the.

Valerie DeLaune, carrollshelbymerchandise.com, Author of Pain Relief with Trigger Point Self In addition , I have since added my own observations and self-help techniques, and I am. Common Trigger Points Example: Trapezius Muscle in Back on Perpetuating Factors can be found on the Pain Relief with Trigger Point Self-Help CD ROM).

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