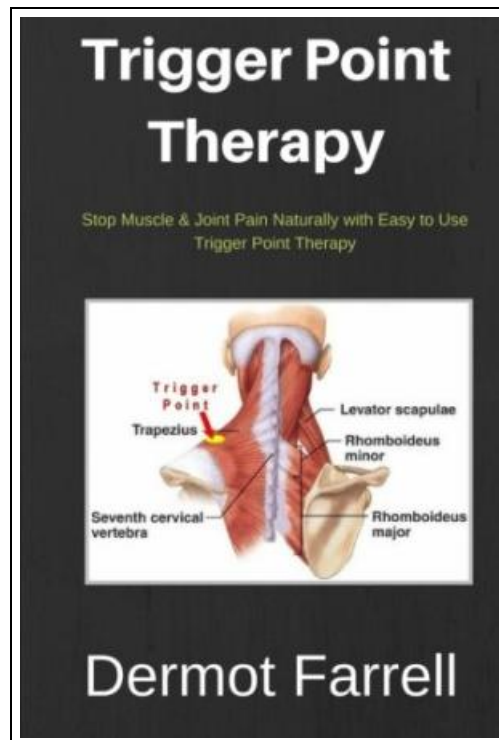


Trigger Point Therapy: Stop Muscle Joint Pain Naturally with Easy to Use Trigger Point Therapy (Paperback)



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(Don Pacocha)

TRIGGER POINT THERAPY: STOP MUSCLE JOINT PAIN NATURALLY WITH EASY TO USE TRIGGER POINT THERAPY (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stop Muscle Joint Pain Naturally with Easy to use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, Tennis Ball Massage) Do you suffer with aches and pains? Do you have reoccurring injuries? Do you suffer with chronic pain? Have you tried every possible cure only to find that the ache is still there? Are you sick and tired of aches which move from one body part to another? Do you feel battered and beaten after your night s sleep? Well you don t have to feel like this anymore thanks to the wonders of myofascial message, whereby you can treat yourself naturally either with your hands, a massage ball or tennis ball or via a foam roller! There are a great many trigger points, which can be used quite successfully to treat a variety of conditions. In this short practical guide, we are going to focus upon the top ten essential trigger points, trigger points which can be used in everyday life by the majority of people. Some of the deeper trigger points, seen deep inside the thigh and pelvis, can be a little hard to reach but for most people, with some effort, they should be either able to treat themselves or if necessary a friend or family member should be able to treat them effectively, through manipulation of the relevant trigger points. Can we Really Treat Ourselves? Trigger points are atypically deployed by physical therapists, osteopaths, naturopaths and masseurs. So considering all of these people are highly qualified, and of course they are standing over the patient, where they can apply considerable force, is there any point in trying to treat ourselves? Well, obviously we cannot expect the...

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