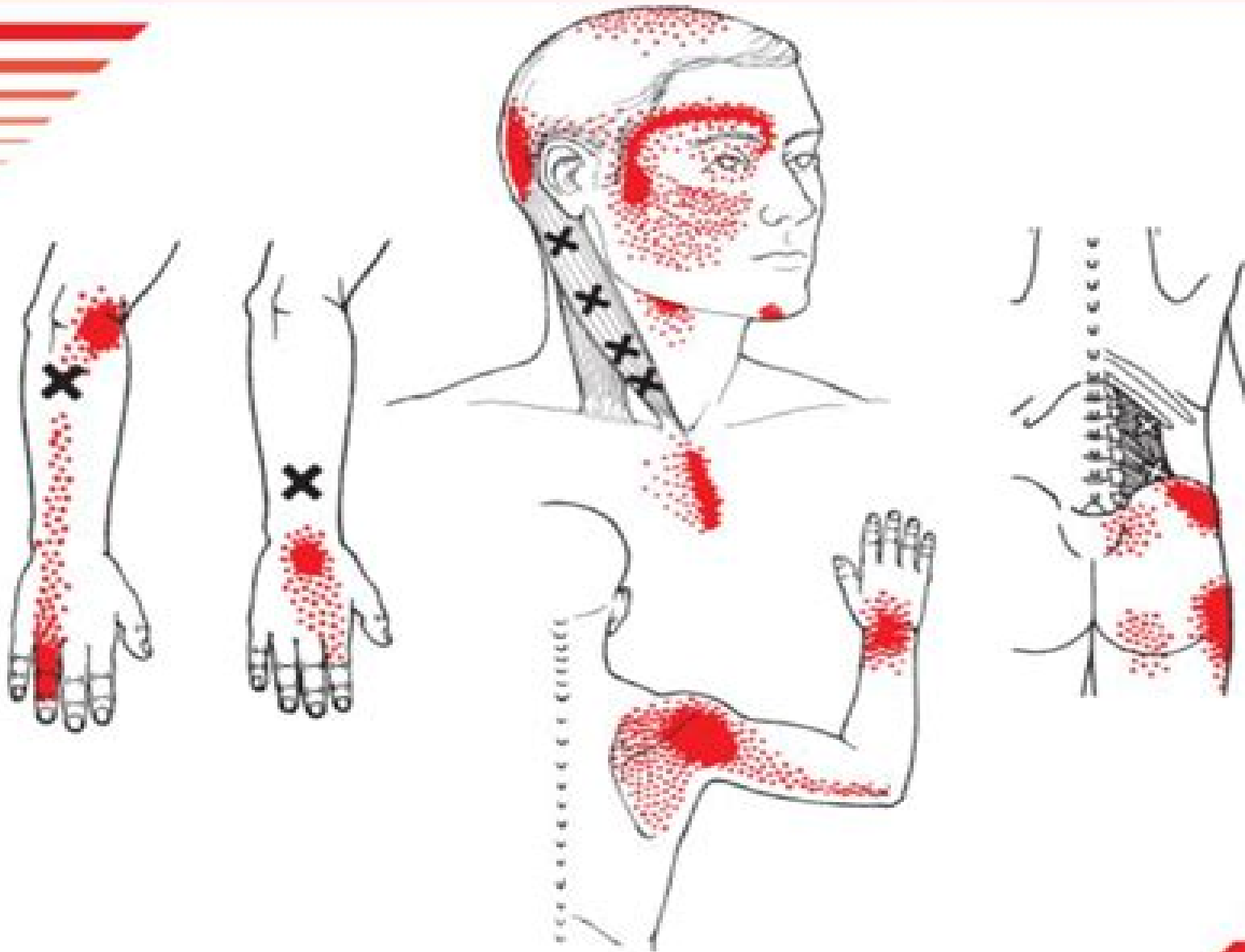


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Sauer, Mary Biancalana, 2010 This book presents Sauer's trigger point therapy protocols for lumbar buttock and ilio sacral pain. These gentle techniques are easy to learn and administer at home and include compression stretching and range of motion exercises for the muscles that refer pain to the lower back and hip areas. **Fundamentals of Trigger Point**

**Therapy** Landsley M Pickford, 2019-04-25 FUNDAMENTALS OF TRIGGER POINT THERAPY Step by Step Guide for The Treatment of Myofascial Pain Dysfunction Fibromyalgia and Other Related Ailments. Have you been looking for the best possible ways to deal with muscle knots, myofascial pain, chronic inflammation, and other related health issues? Are you tired of taking different pills which have little or no effect on health improvement? No doubt you may have heard about trigger point therapy and still look skeptical and feel it is just a hype. No, it is not a hype; it has been verified scientifically that trigger point therapy is one of the major health breakthroughs in the medical world. With the introduction of this book titled Fundamentals of Trigger Point Therapy, you will be educated generally on how this therapy works and how to use it to detect and release painful trigger points without compromising your general health condition. These trigger points are small, sensitive, tender knots in muscles and ligaments which cause neck pain, fibromyalgia, shoulder pain, etc. This manual will also reveal safety precautions and side effects, these and many more other amazing health tips. This book is comprehensive and very easy to understand. Get a download of it by scrolling up and clicking BUY NOW. [Pain Relief with Trigger Point Self-Help](#) Valerie DeLaune, 2004-12. 75% of pain is caused by trigger points, areas of contracted cells in muscle tissue, but they are drastically underdiagnosed as the source of pain. Trigger points may refer pain and other symptoms both in the local area and to other areas of the body, but since over 74% of trigger points are not located in the area where you feel pain, treating the local area does not resolve the problem most of the time. The most common referral patterns have been well documented and diagrammed over decades of research. The home page of this multi-media book on Flashdrive has a photo of a body where you can place your computer cursor over your area of pain. With a mouse click, a drop-down list of muscles that may contain trigger points appears. By clicking on the muscle chapter links, your browser takes you to each pertinent chapter. You'll find illustrations of common pain referral patterns that you can compare with where you feel pain, and this will help you figure out where the common trigger point causing your pain is located. Along with outlining the common symptoms and causes for trigger points for each muscle, the author has provided lists of helpful hints for resolving trigger points. A written text describes self-help techniques, and you can click on an icon for a video demonstration. The introductory chapters include detailed information on the physiology of trigger points, general guidelines for self-help techniques, and descriptions of

therapies that can help resolve trigger points A comprehensive chapter on factors that cause and keep trigger points activated such as nutritional problems illness misfitting furniture sleep problems hormonal imbalances joint misalignments injuries and emotional factors helps you identify things that keep your pain coming back Numerous suggestions help you resolve those factors for lasting relief This state of the art Flashdrive draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 30 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc **The Trigger Point Therapy Workbook** Clair Davies,2001 A specialist in trigger point massage offers the first step by step guide to using this proven method for the self treatment of soft tissue pain including fibromyalgia and repetitive strain accident or sports injuries

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