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The TRIGGER POINT SELF-CARE MANUAL FOR PAIN-FREE MOVEMENT discusses methods of healing and preventing injury to muscles through identification of areas

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of tightness and restriction and self-care massage and stretching techniques.

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Details. Trigger Point Self Care Manual. Teaches you how to address pain and injury using self-massage, stretching and hot/cold therapy. The author, Donna Finando,

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identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it in the fully illustrated reference section, organized by body part. 208 pages.

Trigger Point Self Care Manuals for Pain Free Movement

While the Trigger Point

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Self-Care Manual cannot replace a doctor's supervision, it is a valuable tool for personal health and maintenance and highly recommended, especially for people leading active lifestyles or those susceptible to muscular stiffness and soreness." —The Midwest Book Review, Feb 2006

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There exists as a ubiquitous part of the human condition a vicious cycle of myofascial pain and compensation that is self-perpetuating and inescapable, and quite relevant to the job of a

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fitness professional.

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pain is rough.

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