



# Trigger Point Self-Care Manual: For Pain-Free Movement

*Donna, L.Ac., L.M.T. Finando*

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**Trigger Point Self-Care Manual: For Pain-Free Movement** Donna, L.Ac., L.M.T. Finando

A guide to the treatment of pain from common sports injuries and other physical activities

- Contains at-home techniques to promote healing and self-awareness of the body's musculature
- Explains how to relieve pain using manual massage in conjunction with small physio balls
- Includes an illustrated treatment reference section organized by region of the body

The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead to more severe injuries.

In *Trigger Point Self-Care Manual* Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by body part, she 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.

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This Trigger Point Self-Care Manual: For Pain-Free Movement book is not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This specific Trigger Point Self-Care Manual: For Pain-Free Movement without we realize teach the one who examining it become critical in considering and analyzing. Don't become worry Trigger Point Self-Care Manual: For Pain-Free Movement can bring when you are and not make your handbag space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This Trigger Point Self-Care Manual: For Pain-Free Movement having great arrangement in word and also layout, so you will not experience uninterested in reading.

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