

[PDF] The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief

Clair Davies - pdf download free book

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Author: Clair Davies

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Description:

The first edition of this workbook is regarded as a classic in its field, and was the first book to introduce trigger point therapy to the general public as a self-care tool for alleviating chronic pain caused by a variety of conditions, including arthritis, back pain, carpal tunnel syndrome, fibromyalgia, headache, muscle ache, and repetitive strain injuries. As the author makes clear, all such conditions are related to lack of oxygen in exhausted or injured muscle tissue. Trigger point therapy has been used for decades by doctors, pain specialists, and massage therapists to quickly stimulate the flow of oxygen and promote rapid pain reduction. This book makes the same techniques available to the general public with instructions that are easy to follow, and abetted by an extensive collection of charts and corresponding illustrations.

The author

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