

Download Trigger Point Self Care Manual For Pain Free Movement

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of ...In *Trigger Point Therapy for Low Back Pain*, author Sharon Sauer, a protege of trigger point therapy founders Janet Travell and David Simons, presents the first in her series of comprehensive trigger point therapy manuals. Dr. Jonathan Kuttner MBBCh, Dip O&G, FRNZCGP, Dip Sports Med, Dip MSM, FAFMM: Today, you're going to discover how thousands of people suffering from chronic, persistent pain in their neck, shoulder, back, and whole body have been able to stop the pain - and get back to an active pain free lifestyle. *Trigger Point Treatment*. What is a trigger point? Before we can get into trigger point treatment, it is important to understand what a trigger point is.