

The Concise Of Trigger Points



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Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. Written Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles.

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(PDF) The concise book of trigger points. A professional ...

38 The Concise Book of Trigger Points Known symptoms include: • Hypersalivation - increased saliva; • Epiphora - abnormal overflow of tears down the cheek; • Conjunctivitis - reddening of the eyes; • Ptosis - drooping of the eyelids; • Blurring of vision; • Increased nasal secretion; • Goose bumps.

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The Concise Book of Trigger Points by Simeon Niel-Asher. This practical manual explains how to treat chronic pain through trigger points—those tender, painful nodules that form in muscle fibers and connective tissues.

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Since publication almost ten years ago, The Concise Book of Trigger Points has been translated into over 20 languages and become a best seller worldwide. This new edition has been completely updated and revamped, sharing current research, evidence, and advanced techniques for manual therapy practitioners, as well as simple self-help protocols that the layperson can do at home.

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