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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.

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Trigger Point Self-Care Manual - Books - Inner Traditions

The TRIGGER POINT SELF-CARE MANUAL FOR PAIN-FREE MOVEMENT discusses

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methods of healing and preventing injury to muscles through identification of areas of tightness and restriction and self-care massage and stretching techniques.

Trigger Point Self-Care Manual: For... book by Donna Finando

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, 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 Self-Care Manual cannot replace a doctor's supervision, it is a valuable tool for personal health and maintenance and highly recommended,

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especially for people leading active lifestyles or those susceptible to muscular stiffness and soreness." —The Midwest Book Review, Feb 2006

Trigger Point Self-Care Manual - Inner Path

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.

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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 muscular injuries. She identifies the

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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 fitness professional. Welcome to Trigger Points 101. Myofascial pain is rough.

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