

Trigger Point Therapy. Rick Robinette. Pearson Higher Ed, 2012. 2012. 9780133114522.

## 264 pages

The Trigger Point Therapy Workbook is a welcome and timely addition to the worlds of personal wellness, pain relief, and self-care. The author creates a highly effective form of pain therapy that anyone can learn. This book is a valuable contribution to the field of self-applied therapeutic bodywork. - -Robert K. King, founder and president of the Chicago School of Massage Therapy. As a chiropractor for twelve years and an instructor of trigger point therapy at the Utah College of Massage Therapy for ten years, I found the Davies' book very accurate and complete. The graphics and illustra trigger point therapy book. 84 Pages Â· 2005 Â· 1.99 MB Â· 1,046 DownloadsÂ· English. Preview.Â The trigger point therapy workbook : your self-treatment guide for pain relief / Clair Davies, NC Trigger point therapy for foot, ankle, knee, and leg pain: a self-treatment workbook. 202 PagesÂ·2010Â·3.83 MBÂ·7,375 DownloadsÂ·New! of your pain is more complex than it seems. Trigger points, contracted portions of muscle cells, can refe Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower. 218 PagesÂ·2012Â·3.38 MBÂ·5,397 DownloadsÂ·New! , this powerful technique can dramatically improve the bodyâ€™s capacity to heal. Trigger Point Therapy Acupunctu Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook). by Mary Biancalana MS CMTPT LMT (Author), Sharon Sauer CMTPT LMT (Author), Bernard Filner MD (Foreword).Â This book serves as a primer for all professionals: doctors, physical therapists, osteopaths, massage therapists, yoga teachers, or fitness professionals, to give them a solid working knowledge of fascia both as a tissue and a system. Lavishly illustrated and with a strong storyline, each chapter logically connects the reader to the next (rather like the fascia itself) and gives the reader a clear understanding of the clinical significance of fascia, the latest in fascia science, and how the fascial system interacts with the other systems of the body from the cellular level on up. 15 results for trigger point therapy book. Save this search. Not what you're looking for? Save trigger point therapy book to get email alerts and updates on your eBay Feed.+ Postage to: Finland. Update your delivery location.