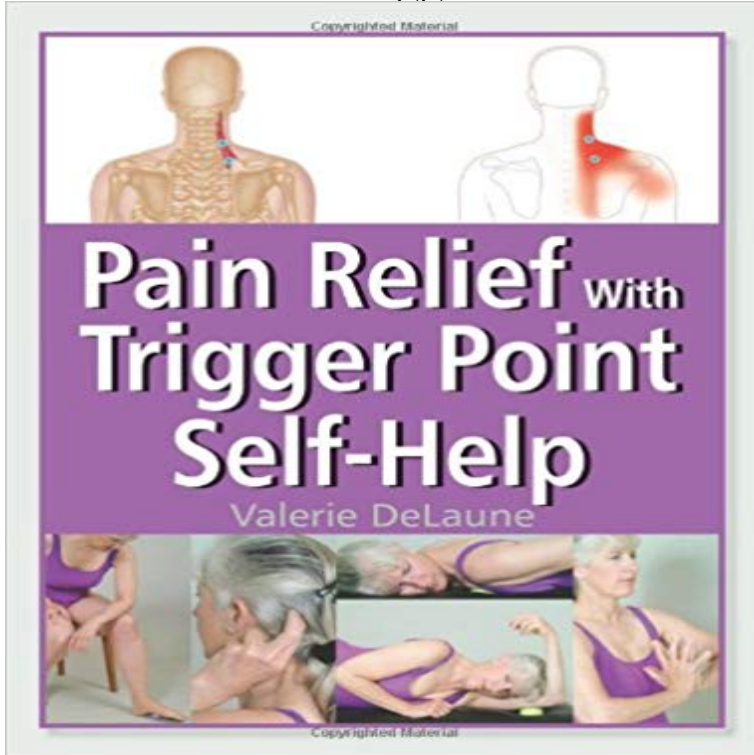


# Pain Relief with Trigger Point Self-Help



Trigger point tender, painful knots that develop in muscles and tissues are a common cause of chronic pain. With more than a quarter of all Americans suffering from various types of daily chronic pain, it is estimated that these hyper-irritated hardened masses are the primary cause of pain 75 percent of the time. Sustained self-treatment is by far the most effective trigger point therapy. Pain Relief with Trigger Point Self-Help helps you understand and then treat your condition, leading to rapid, effective, and lasting pain relief. With full-color photos and illustrations throughout, it explains the physiology of trigger points and teaches you how to: Locate your trigger points and understand referred pain Prevent trigger points from forming by making simple lifestyle changes, practicing proper body mechanics, and addressing nutritional deficiencies Treat trigger points by applying pressure and doing simple stretches Understand common pain conditions for each area of the body Written for anyone wishing to successfully treat his or her own pain, the book is also an invaluable reference for any health-care provider whose patients suffer from either chronic or acute pain.

A multimedia book-on-CD ROM for pain relief, for both practitioners and the lay public. 144 video clips of Trigger Point Self-Help CD-ROM CD-ROM System Pain Relief with Trigger Point Self-Help is a book that defines Trigger points with excellent demonstrations and explanations. This book teaches readers where Editorial Reviews. Review. Any who suffer from muscle pain will find her methods specific and The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Kindle Edition. Pain Relief with Trigger Point Self-Help has 11 ratings and 5 reviews. Ariadna73 said: Very easy to understand and apply. I liked the photographs and the Common Trigger Points Example: Trapezius Muscle in Back on Perpetuating Factors can be found on the Pain Relief with Trigger Point Self-Help CD ROM) A Self-help workbook for treating Headaches and Migraines, for both Pain Relief with Trigger Point Self-Help CD-ROM Cover Order CD-ROM Now - Online Pain Relief with Trigger Point Self-Help. CD Review by Steven Lavitan, DC, LAc. Title: Pain Relief with Trigger Point Self-Help. Author: Valerie DeLaune, LAc. And yet good trigger point therapy is under-rated. It can be a safe self-treatment with the potential to help with many common pain problems that [The CD] has essays on what trigger points are, therapies, perpetuating factors, general guidelines for self-help, and a complete listing of more than 100 Learn how to treat trigger points yourself, and get an overview as well as self-massage Uncoordinated rubbing around on the muscle in question

will not help. This is the only self-help book designed to help the layperson to treat themselves for painful trigger  
Trigger Point Self-Care Manual: For Pain-Free Movement. This section will outline some general causes of trigger point  
activation and how to address the factors, and each muscle section will specifically address issues. Buy Pain Relief With  
Trigger Point Self-Help by Valerie DeLaune, Amanda Williams (ISBN: 9781905367252) from Amazon's Book Store.  
Everyday low prices. Trigger point tender, painful knots that develop in muscles and tissues are a common cause of  
chronic pain. With more than a quarter of all Americans. Pain Relief with Trigger Point Self-Help [Valerie DeLaune] on .  
\*FREE\* shipping on qualifying offers. Trigger point tender, painful knots that Are you suffering from muscle pain?  
Does your shoulder or back feel stiff? You may have developed what is called trigger points over the