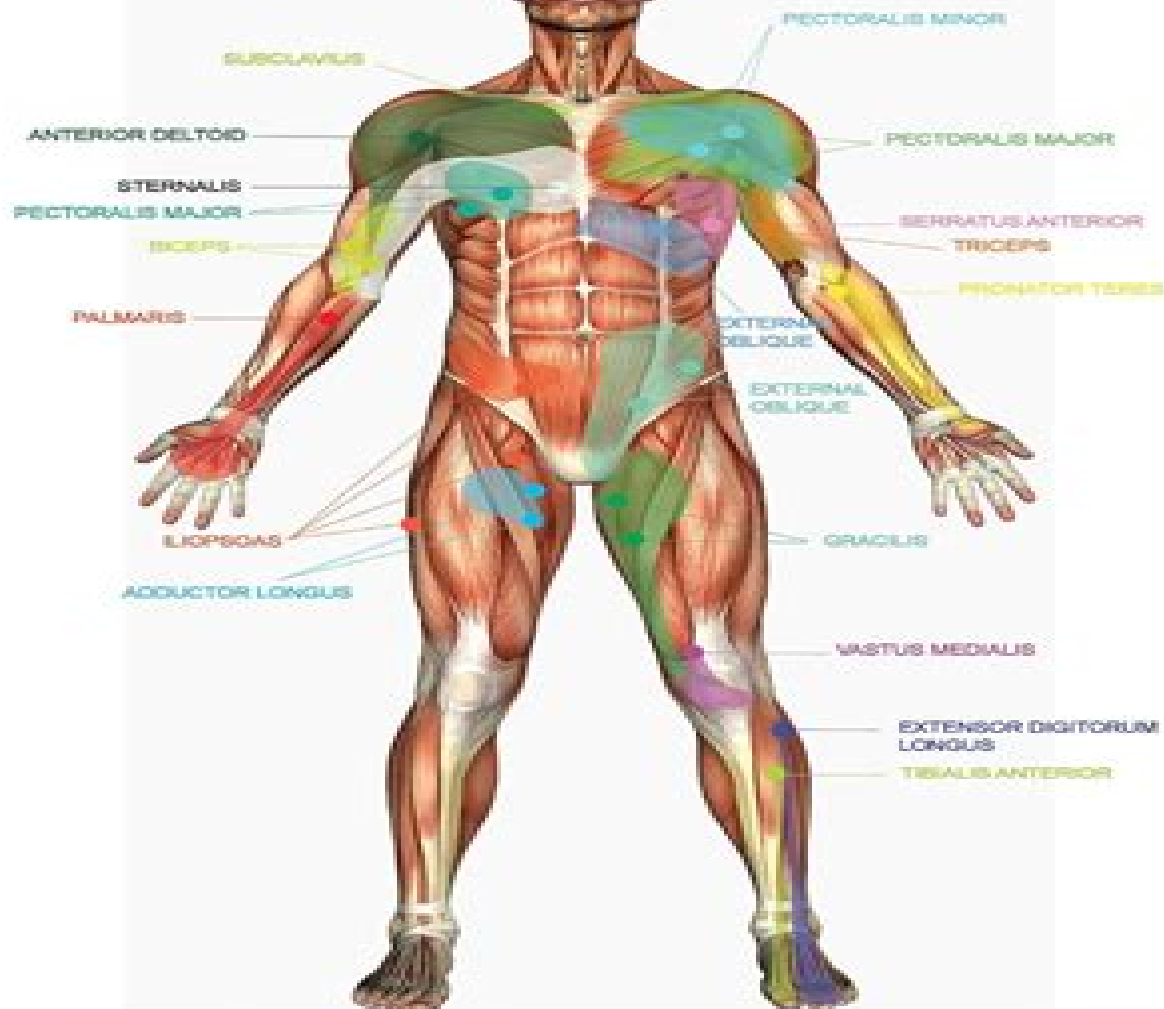


TRIGGER POINTS (ADVANCED)



Trigger Points Advanced Speedy Study Guides Speedy Publishing

Andrew Biel



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Leg **Acupressure II** Speedy Publishing, 2014-08-04 Acupressure involves fingers to add pressure to areas of the body A pamphlet will help by showing those who want to learn how to do the procedure where to place the fingers and the areas where acupressure shouldn't be used Information is available about how long the pressure should be held and the benefits of using acupressure There are also some people who shouldn't use the treatment because of health concerns and a pamphlet would go into more detail with this information *The Concise Book of Dry Needling* John Sharkey, 2015-12-03 The Concise Book of Dry Needling provides accurate and essential information for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine filiform needle **Trail Guide to the Body's 6e Quick Reference to Trigger Points** Andrew Biel, 2019-07-17 Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles Trigger points are hyperirritable spots in skeletal muscle These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and when compressed elicit referred pain local tenderness or a twitch response This full color guide helps you quickly find and treat trigger points in your clients *The Concise Book of Trigger Points* Simeon Niel-Asher, 2005 Painful aching areas that do not respond to local treatment often have remote trigger points that refer pain to them They are most often found in muscles but also in fascia periosteum tendons ligaments and skin and are caused by physical and psychological stress trauma and lack of rest

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