

TRIGGER POINT SELF CARE MANUAL



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Trigger Point Self Care Manual Teaches you how to address pain and injury using self-massage, stretching and hot/cold therapy. The author, Donna Finado, 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

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Reviews "Acupuncture and massage practitioner Donna Finando, who specializes in myofascial techniques and has studied pain management with field pioneer Janet Travell, M.D., presents Trigger Point Self-Care Manual For Pain-Free Movement, a guide to self-care practices for promoting a healthier and happier life.

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