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Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain

By Valerie DeLaune

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain, Valerie DeLaune, Repetitive strain injuries to the arm, wrist, and hand areas affect approximately 27 million people each year. Carpal tunnel syndrome, tennis elbow, Dupuytren's contracture, and other conditions can be caused by reduced blood flow to certain portions of arm muscles that results in knots in the tissue. These trigger points can cause pain at the site of the reduced blood flow or refer pain to other areas of the body. Trigger Point Therapy for Repetitive Strain Injury is a complete manual to finding and treating these trigger points at home for reduced pain and increased wrist, arm, and hand mobility. By simply applying pressure and regularly practicing simple stretches and exercises, readers can eliminate trigger points and greatly reduce their repetitive strain injury symptoms.



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