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Trigger Point Therapy: Stop Muscle & Joint Pain Naturally With Easy To Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3)





Synopsis

FREE ON KINDLE UNLIMITED!!

Stop Muscle & Joint Pain Naturally with Easy to use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, Tennis Ball Massage)

Do you suffer with aches and pains? Do you have reoccurring injuries? Do you suffer with chronic pain? Have you tried every possible cure only to find that the ache is still there? Are you sick and tired of aches which move from one body part to another? Do you feel battered and beaten after your night's sleep? Well you don't have to feel like this anymore thanks to the wonders of myofascial massage, whereby you can treat yourself naturally either with your hands, a massage ball or tennis ball or via a foam roller! There are a great many trigger points, which can be used quite successfully to treat a variety of conditions. In this short practical guide, we are going to focus upon the top ten essential trigger points, trigger points which can be used in everyday life by the majority of people. Some of the deeper trigger points, seen deep inside the thigh and pelvis, can be a little hard to reach but for most people, with some effort, they should be either able to treat themselves or if necessary a friend or family member should be able to treat them effectively, through manipulation of the relevant trigger points.

Can we Really Treat Ourselves?

Trigger points are atypically deployed by physical therapists, osteopaths, naturopaths and masseurs. So considering all of these people are highly qualified, and of course they are standing over the patient, where they can apply considerable force, is there any point in trying to treat ourselves? Well, obviously we cannot expect the same result, while working on ourselves, than that which we might receive if we go to a professional therapist. However, just because the result will be less effective, does not mean that we cannot give it a go. Also, treating oneself, in no way diminishes the role of the therapist. Rather, it makes the role of the therapist more meaningful, because a patient, who takes an active interest in their treatment and makes an effort to assist the healing process, while in the comfort of their own home, is actually making the healing effort more effective and is more likely to return to a therapist for further assistance. So if you are sick of having persistent aches and pains and want to do something proactive about it, then read this book today!

Book Information

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Customer Reviews

Very explanatory. Very helpful.

Impressive! Between my husband and myself we have tried almost every type of physical therapy available due to tennis injuries, age and the usual muscle pulls. Massage therapy or chiropractor visits give only temporary relief. An experienced physical therapist is great but not all have extensive training to actually SOLVE the muscular problem, they just relieve it for a short while. This is really worth recommending!

Well, I purchased this book because I have chronic muscle pain on my Trapezius muscle. This resulted after a bad car accident a few years ago. So I wanted to find a book to help relieve the pain. This book has helped me a lot as it has instructions on how to massage trigger points. This book has many tips and illustrations in it. I am using it as a reference and textbook now. I highly recommend this book.

Getting to the point, both literally and figuratively, is this book. Find the spot with both directions and a picture, and you've discovered another area to work on. Good job!

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Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch Tennis Ball Self Massage: Stop Your Muscle and Joint Pain Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) Myofascial Pain and Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Trigger Points: Understanding Myofascial Pain and Discomfort Tissue Engineering II: Basics of Tissue Engineering and Tissue Applications (Advances in Biochemical Engineering/Biotechnology) Massage: Trigger Point Therapy Made Easy Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) Pain Relief for Joint, Muscle and Nerve Pain, Drug Free Using TENS Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)

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