

The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief, 2nd Edition By Clair Davies

By Clair Davies

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<http://www.tptherapy.com/>

The Trigger Point Therapy Workbook: A guide to self-treatment of myofascial trigger point pain. Updated 3rd edition. Your Self-Treatment Guide for Pain Relief

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I suffered from chronic neck pain for 15 years. I tried it all from physical therapy to massage to acupuncture. Finally I came across trigger point therapy,

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This is the only self-help book designed to help the layperson to treat themselves for painful trigger points with massage. Trigger point therapy is one of the most

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http://en.wikipedia.org/wiki/Trigger_point

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Clair Davies and Amber Davies. The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief. guide to trigger points and myofascial pain

<https://www.painscience.com/articles/trigger-point-therapy-workbook.php>

In The Trigger Point Therapy Workbook, nationally certified massage therapist Clair Davies simplifies Travell and Simons s extensive research into myofascial pain

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