

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

By Clair Davies

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workbook your self-treatment guide for pain relief

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Trigger points are caused by muscle overuse or injury. Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of

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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,

The trigger point therapy workbook is currently the most popular of all the published material on treating trigger points effectively and safely at home.

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