

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

By Clair Davies

The Trigger Point Therapy Workbook | Clair Davies -

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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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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