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The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy.

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Trigger point therapy is one of the most intriguing and fastest-growing bodywork styles in the world. In this revised edition of his best-selling book, *The Trigger Point Therapy Workbook*, Clair Davies, a certified massage therapist and expert in trigger point therapy, outlines a very user-friendly and completely up-to-date method of self-massage that people can employ as a means of reducing ...

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The first edition of this workbook is regarded as a classic in its field, and was the first book to introduce trigger point therapy to the general public as a self-care tool for alleviating chronic pain caused by a variety of conditions, including arthritis, back pain, carpal tunnel syndrome, fibromyalgia, headache, muscle ache, and repetitive strain injuries.

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*The Trigger Point Therapy Workbook Pain Illustration Guide: Shoulder, Upper Back, and Upper Arm* 01 Amber Davies and Maria Worley New Harbinger Publications. Permission is granted to the reader to reproduce this form for personal use. Teres minor trigger point and referred pain pattern

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Travell and Simons's Trigger Point Manual is the mother lode of information about trigger points and referred pain. This was the primary technical resource in the writing of The Trigger Point Therapy Workbook. The magnificent illustrations were a constant inspiration. Volume one (The Upper Body) is shown here.

## **Tools & Resources - The Trigger Point Therapy Workbook**

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physiology of trigger points, update the trigger point volumes he coauthored with Dr. Travell, and review trigger point research articles until his death at the age of 88 on April 5, 2010. I am also profoundly grateful to my neuromuscular therapy instructor, Jeanne Aland,

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update that includes new information specifically for massage professionals as well as a detailed discussion of progressive muscle relaxation techniques that can reinforce the therapeutic power of trigger ...

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Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief.

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