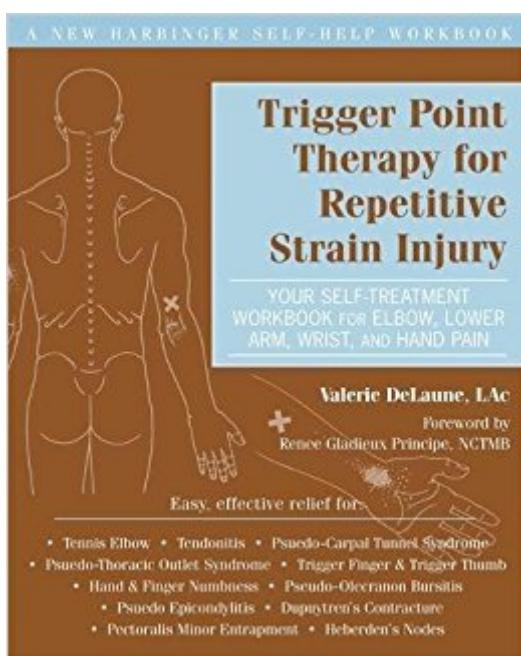


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# Trigger Point Therapy For Repetitive Strain Injury: Your Self-Treatment Workbook For Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)



## Synopsis

Repetitive strain injuries to the shoulder, back, and arm can cause debilitating pain that keeps you from being able to perform even the most basic everyday tasks. Compounding the frustration, it can seem that there's nothing you can do to ease the discomfort caused by your injury and speed your recovery. Trigger point therapy has helped hundreds of thousands of people recover from repetitive strain injuries of all kinds. Used by massage therapists, physical therapists, and other health care professionals, this powerful technique can dramatically improve the body's capacity to heal. *Trigger Point Therapy for Repetitive Strain Injury* helps you find and treat the trigger points in muscle tissue that refer pain to your elbows, lower arms, wrists, or hands. Through simple stretching and pressure exercises you can do at home, you can reduce pain and increase mobility so you can get back to enjoying your life. With this guidebook, you'll:

- Identify the specific trigger points in muscles that are causing your pain
- Self-treat your pain with stretches and pressure targeted to your trigger points
- Learn how to prevent further muscle damage or injury
- Optimize your diet and body mechanics to speed recovery

## Book Information

Series: New Harbinger Self-Help Workbook

Paperback: 216 pages

Publisher: New Harbinger Publications; Workbook edition (May 3, 2012)

Language: English

ISBN-10: 1608821277

ISBN-13: 978-1608821273

Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 9 customer reviews

Best Sellers Rank: #955,103 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #891 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #14843 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

If you want to handle your repetitive strain injury, today is your lucky day. It is simple to apply Valerie DeLaune's suggestions to your aching body. At the same time, this book is

profound enough to teach an old dog like me a bunch of new tricks. If more people read and applied what is in this book, there would be fewer doctor visits and the world would be a happier place. Congratulations on your choice in reading this book and enjoy being pain-free.                                                                                                                                                                                                                                                                                                                                                                                                             <img alt="smiley face" data-bbox="750

for self help.

Excellent, very helpful.

Another Great Book From Valerie DeLaune! We'll Done.... everything I need to know about trigger points is here in this book. Thank you...

Book was very helpful in treating Trigger Points.Bob

Designed for clinician-therapist, it was of little value to me. I would not recommend the purchase of this book as a self-help tool.

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Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) 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) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 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) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) 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) Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) ISO 13753:1998, Mechanical vibration and shock - Hand-arm vibration - Method for measuring the vibration transmissibility of resilient materials when loaded by the hand-arm system The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)

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