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# Trigger Points: Understanding Myofascial Pain And Discomfort



## **Synopsis**

This easy to use flip chart book is a perfect educational visual aid for explaining the role of trigger points in relation to bodily pain and discomfort. This tool includes 34 laminated detailed anatomical illustrations of trigger points and their corresponding affected pain sensitive areas, plus 19 diagrams of pain relief exercises. Spiral binding allows for ease of page flipping and a built-in easel makes this visual aid a portable instructional reference.

## **Book Information**

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## **Customer Reviews**

I bought this years ago and continue to refer back to it. Very helpful for those with request muscle pain.

Great tool for education

very good condition and detailed illustration

Excellent, concise diagrams, easily understood by the professional or the patient. the exercises match the treatment recommended. great book. learned a lot.

This flip chart is very high quality and contains good graphics for my patients to understand what is going on with their muscles.

It only show a cursory glance at TP and referred pain patterns. Good to show patients an overview, but not detailed enough to really help everyone.

As the office manager for a chiropractic clinic, I know how often the Doc references this book to demonstrate trigger points to patients. It has also proven to be an invaluable resource in court, as Doc is often called for expert medical testimony. This book is very clear and easy for the layperson to understand. I highly recommend!

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