



Trigger Points (Speedy Study Guide) (Paperback)

By Speedy Publishing LLC

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.You might also call a trigger point a knot in your muscle. They re usually found in skeletal muscle. When pressed, a trigger point can cause sharp pain at its location along with pain in related areas of the body. Trigger points can be caused by strain, stress, trauma and even smoking. They are usually located and diagnosed by complaints of pain and manual palpation. A chart of common trigger points would assist the patient in understanding muscle systems and referred pain.



READ ONLINE
[4.01 MB]

Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- **Lillie Toy**

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- **Miss Marge Jerde**