



Trigger Points (Speedy Study Guide)

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.



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Reviews

It is an awesome publication which I actually have ever read through. It had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that I am sure that I will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin