

Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

TRIGGER POINT THERAPY WITH THE FOAM ROLLER: EXERCISES FOR MUSCLE MASSAGE, MYOFASCIAL RELEASE, INJURY PREVENTION AND PHYSICAL REHAB

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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab, Karl G. Knopf, Chris Knopf, UNLOCK THE HEALING POWERS OF THE TRIGGER POINT FOAM ROLLER WITH STEP-BY-STEP EXERCISES ANYONE CAN DO AT HOME Deceptively simple and incredibly versatile, the trigger point foam roller is a highly effective self-therapy tool. By following the step-by-step movements in this book, you can maximize its healing potential to: *Alleviate Pain *Speed Recovery *Release Tension *Break Up Knots *Rehabilitate Injuries *Increase Flexibility A complete guide to using this amazing piece of equipment for self-treatment, Trigger Point Therapy with the Foam Roller shows how to soothe, relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym. It also details the best methods to release painful trigger points and break up soft-tissue adhesions that contribute to chronic pain.

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