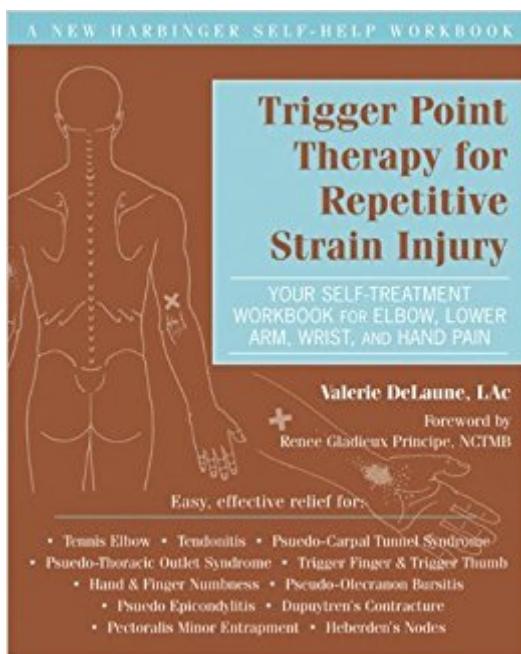


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# Trigger Point Therapy For Repetitive Strain Injury: Your Self-Treatment Workbook For Elbow, Lower Arm, Wrist, & Hand Pain [Paperback]

**[2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB**



## Synopsis

Title: Trigger Point Therapy for Repetitive Strain Injury( Your Self-Treatment Workbook for Elbow Lower Arm Wrist & Hand Pain) Binding: Paperback Author: ValerieDeLaune Publisher: NewHarbingerPublications

## Book Information

Paperback

Publisher: NewHarbingerPublications (May 31, 2012)

ASIN: B00EOHQR20

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

Best Sellers Rank: #9,116,769 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury

## Customer Reviews

Title: Trigger Point Therapy for Repetitive Strain Injury( Your Self-Treatment Workbook for Elbow Lower Arm Wrist & Hand Pain) Binding: Paperback Author: ValerieDeLaune Publisher: NewHarbingerPublications

Great book and book series. A lot of very useful info for both the average person and the professional bodyworker.

Perfect!!!

For a massage therapist, this is a must-have resource to prevent upper body work strains from becoming chronic problems. May be a bit too technical for the DIY user, though.

The book is thorough and very well laid out with photographs indicating each pain area and what trigger points may be involved as well as clear instructions for working the points. Definitely useful 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 [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) 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) 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) 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) 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 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 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) 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 Repetitive Strain Injury: A Computer User's Guide Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan The Repetitive Strain Injury Recovery Book The Repetitive Strain Injury Sourcebook Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury

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