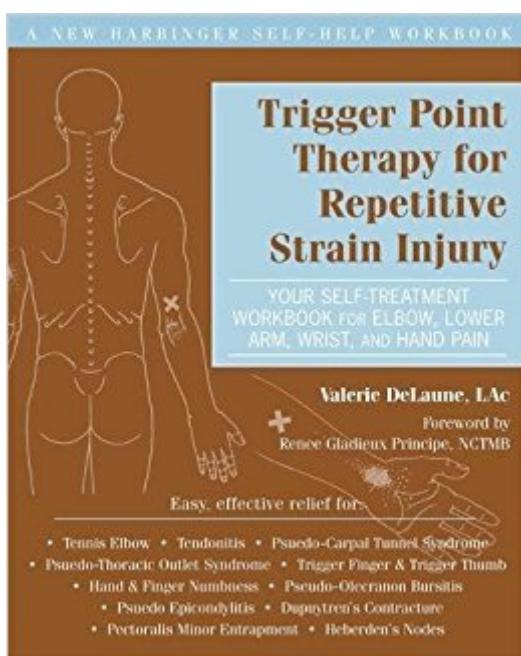


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# Trigger Point Therapy For Repetitive Strain Injury: Your Self-Treatment Workbook For Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)



## Synopsis

Repetitive strain injuries to the shoulder, back, and arm can cause debilitating pain that keeps you from being able to perform even the most basic everyday tasks. Compounding the frustration, it can seem that there's nothing you can do to ease the discomfort caused by your injury and speed your recovery. Trigger point therapy has helped hundreds of thousands of people recover from repetitive strain injuries of all kinds. Used by massage therapists, physical therapists, and other health care professionals, this powerful technique can dramatically improve the body's capacity to heal. *Trigger Point Therapy for Repetitive Strain Injury* helps you find and treat the trigger points in muscle tissue that refer pain to your elbows, lower arms, wrists, or hands. Through simple stretching and pressure exercises you can do at home, you can reduce pain and increase mobility so you can get back to enjoying your life. With this guidebook, you'll:

- Identify the specific trigger points in muscles that are causing your pain
- Self-treat your pain with stretches and pressure targeted to your trigger points
- Learn how to prevent further muscle damage or injury
- Optimize your diet and body mechanics to speed recovery

## Book Information

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## Customer Reviews

If you want to handle your repetitive strain injury, today is your lucky day. It is simple to apply Valerie DeLaune's suggestions to your aching body. At the same time, this book is

profound enough to teach an old dog like me a bunch of new tricks. If more people read and applied what is in this book, there would be fewer doctor visits and the world would be a happier place. Congratulations on your choice in reading this book and enjoy being pain-free.â••  
â•• Steven Lavitan, chiropractor, acupuncturist, nutritionist, and writer in Teaneck, NJâ•• DeLaune has written a wonderful and comprehensive self-care book for upper limb and repetitive strain injuries. With easy-to-use self-diagnostic tools, treatment options, and helpful information on the prevention of musculoskeletal pain, this valuable resource is a must for everyoneâ••s medicine cabinet.â••â•• Wendy Larson, MSPT, physical therapist and owner of Centre Point Physical Therapy in Portland, ORâ•• DeLaune adds another important pillar to the understanding of how â••just a muscle problemâ•• can cause the pain and dysfunction we are taught to deal with or medicate. In this book, a reader/pain patient will experience a comprehensive approach to the self-treatment of myofascial pain caused by trigger points. This means that it addresses all the other considerations, including the ones surrounding the lives of chronic pain patients, which are most commonly overlooked, and offers simple-to-perform self-treatment approaches and techniques.â••â•• Jeffrey A. Lutz LMT, CMTPT, president of the National Association of Myofascial Trigger Point Therapists (NAMTPT)

Valerie DeLaune, LAc, is a licensed acupuncturist and certified neuromuscular therapist with a masterâ••s degree in acupuncture. She has written numerous books and articles on trigger points, health, and other topics. [www.triggerpointrelief.com](http://www.triggerpointrelief.com) Foreword writer Renee Gladieux Principe, NCTMB, is a massage therapist and director of sales for The Pressure Positive Company, a family-owned, massage tool manufacturing company.

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 (New Harbinger Self-Help Workbook) 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 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) 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) 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) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 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 Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) 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 The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) Back Stretching:

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