The Trigger Point Therapy Workbook THIRD EDITION

YOUR SELF-TREATMENT GUIDE FOR PAIN RELIEF

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> Foreword by David G. Simons, MD, coauthor of Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual

The proven method for overcoming soft-tissue pain, now available in a practical, step-by-step format

Fibromyalgia - Chronic Myofascial Pain Syndrome - Low Back Pain Carpal Tunnel Syndrome - Tennis Elbow - Neck and Jaw Pain Frozen Shoulder Pain - Arthritis - Headaches - Sore Knees and Feet Accident Trauma - Joint Pain and Muscle Aches Sports and Repetitive Strain Injury

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