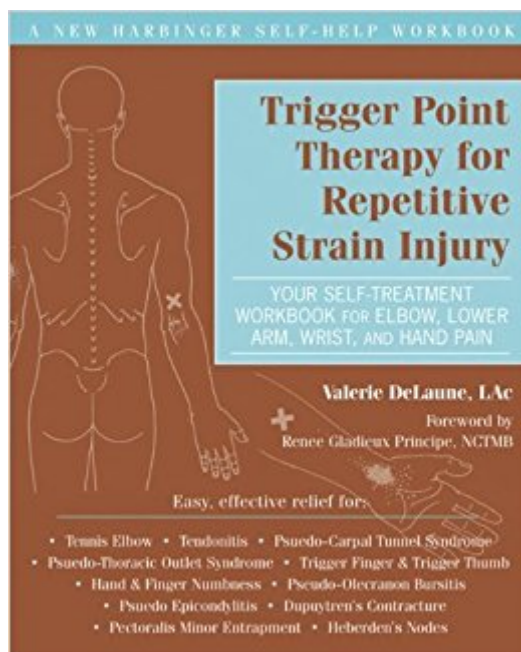


The book was found

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

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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
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