

# Trigger Points



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著者:Anatomical Chart Company

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This easy-to-use flip chart book has a built-in easel, heavy-duty laminated and markable pages, and is a perfect visual aid for explaining the role of trigger points in causing pain and discomfort. The book includes 33 detailed anatomical illustrations of trigger points and affected pain sensitive areas, as well as 22 diagrams of pain relief exercises. Improvements in this Second Edition include: Enhanced introduction that gives an overview of the musculoskeletal system, the development of trigger points, and the treatment and prevention of myofascial pain Updated images Improved page organization, including repeating the trigger point and pain zone legend on each page for easier use

作者介绍:

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## 标签

经济管理

英文原版

points

Perspectives

## 评论

人生最重要的不是规划，而是在适当的时机，掌握机会，采取行动。

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## 书评

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