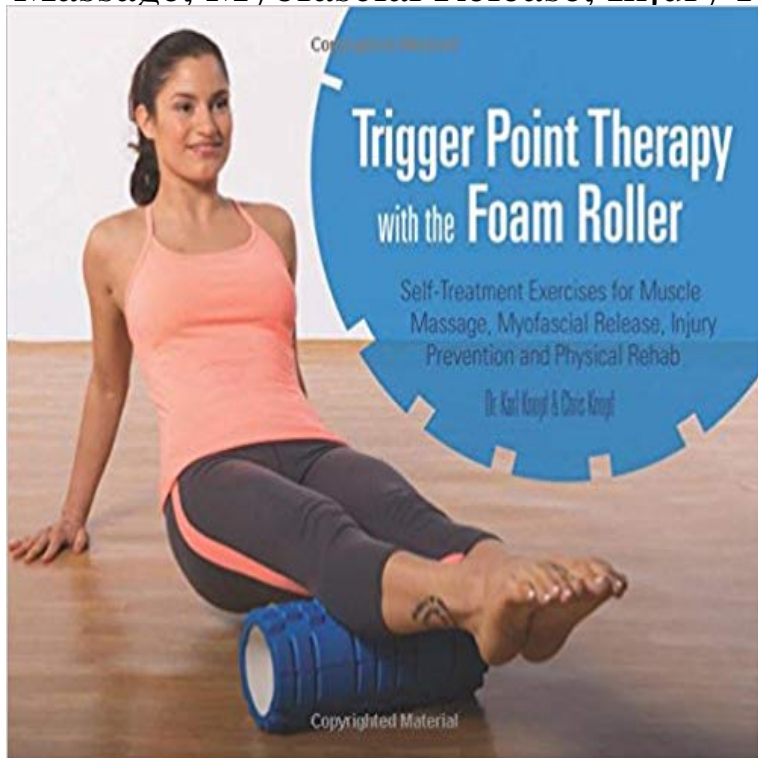


Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab



UNLOCK THE HEALING POWERS OF THE TRIGGER POINT FOAM ROLLER WITH STEP-BY-STEP EXERCISES ANYONE CAN DO AT HOME. Deceptively simple and incredibly versatile, the trigger point foam roller is a highly effective self-therapy tool. By following the step-by-step movements in this book, you can maximize its healing potential to: Alleviate Pain, Speed Recovery, Release Tension, Break Up Knots, Rehabilitate Injuries, Increase Flexibility. A complete guide to using this amazing piece of equipment for self-treatment, Trigger Point Therapy with the Foam Roller shows how to soothe, relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym. It also details the best methods to release painful trigger points and break up soft-tissue adhesions that contribute to chronic pain.

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