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And Review Trigger Point Research Articles Until His Death At The Age Of 88 On April 5, 2010. I Am Also Profoundly Grateful To My Neuromuscular Therapy Instructor, Jeanne Aland, Who Taught Me Basics About Trigger Points, And Introduced Me To The Books Written By Doctors Travell And Simons. I Was Told Jeanne Passed On A Few Years Ago. Trigger Point Therapy Workbook For Chest And Abdominal Pain ... 8th, 2020

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Medical Coverage Policy | Dry Needling Of Myofascial ...

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Mary Jo Smiley CMTPT CMMT, LMT Myofascial Trigger Point ...

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Trigger Point Therapy Can Reduce Pain, Increase Movement, And Allows The Muscles To Lengthen And Become Stronger Again. To Treat Trigger Points, Heavy Pressure Must Be Applied To The Trigger Point. Light Pressure Is Not Effective For Treating Trigger Points, And In Fact May Increase Spasms As The Muscle Tries To Protect Itself, Leading To Increased And More Constant Pain. In Contrast, Moderate ... 8th, 2020

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