



## Myofascial Trigger Point Release of the Upper Extremity: A Review of Current Research

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Createspace, United States, 2010. Paperback. Book Condition: New. 248 x 174 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Course Description This course will teach myofascial trigger point release concepts. By utilizing the trigger point techniques, patients make rapid improvement in their status. Outcomes have reflected reduced therapy sessions with permanent improvement as well as the patient s ability to self-manage their condition with the home exercise programs. Methods for locating and deactivating trigger points using a variety of techniques and modalities will be explored. After reading the book, you will be able to use these techniques immediately upon return to your practice. Myofascial release involves sustained pressure and graded stretch applied to the soft tissue, which is guided entirely by the feedback obtained from the patient s body. The feedback felt by the therapist while applying the stretch determines the direction of the stretch, its duration, and the amount of force applied. From shoulder disorders to elbow injuries to debilitating hand and wrist problems, quicker improvement and more favorable outcomes are unquestionably dependent on proper rehabilitation technique and individualized, forward thinking concepts, and application. What were previously considered complementary therapeutic methods are now proven, evidence-based techniques...



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