

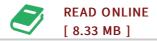
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Myofascial Trigger Point Release of the Upper Extremity: A Review of Current Research

By Cht Csfa Caroline Joy Copt Dpt

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 selfmanage 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...



Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- Ms. Clementina Cole V

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf. -- Rosario Durgan