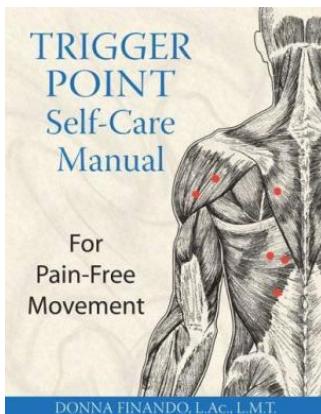


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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Trigger Point Self-care Manual: For Pain-free Movement, Donna Finando, The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead...

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