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Book information

Authors: Klaas Stechmann / Kalinka Radlanski
Title: Arbeitsbuch Triggerpunkt- und Faszientherapie
Subtitle: Effective Self-treatment of the 20 Most Common Complaints
Short text:

This book is the ideal companion for holistic body treatment. The content provides detailed explanations that are easy to understand on relevant basic knowledge of anatomy, biomechanics, and pathophysiology of muscle tension as well as the principles of holistically oriented trigger point and fascia therapy. For the treatment section, a "Top 20" of the most common complaints together with easily implemented exercises are presented, based on the authors' many years of practical experience. Step by step you will learn to treat the different trigger points of your body using the fascia roller, other tools, and/or specific stretching exercises. The book focuses on the latest research findings on wholebody connections as well as the connection between body and mind. The arrangement of complaints according to muscle groups offers quick access to useful, pain-relieving exercises.

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