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Live demonstration of a Trigger Point massage. Learn how this type of massage is done and how it is useful to relieve knots. Trigger point therapy is not a relaxing

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*Myofascial Trigger Point (MFTP) certification is administered through the National Association of Myofascial Trigger Point Therapists. Certification Exams are not

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author of The Trigger Point Therapy Journal of Pain recommends trigger point massage for pain relief.
"Trigger points in the deep spinal muscles

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Trigger point therapy: massage techniques, health

What is Trigger Point Therapy? Trigger point therapy is a bodywork technique that involves the applying of pressure to tender muscle tissue in order to relieve pain

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and a former Registered Massage Therapist with a The goal of self-massage for trigger points is to If you can t massage the trigger point

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What are trigger points? - triggerpoint

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