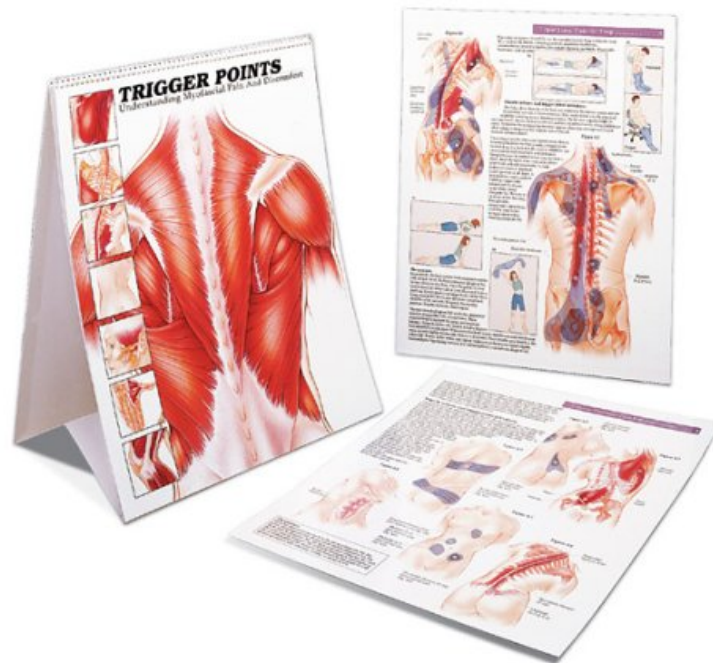


Trigger Points: Understanding Myofascial Pain and Discomfort

Sally A. Cummings

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This easy to use flip chart book is a perfect educational visual aid for explaining the role of trigger points in relation to bodily pain and discomfort. This tool includes 34 laminated detailed anatomical illustrations of trigger points and their corresponding affected pain sensitive areas, plus 19 diagrams of pain relief exercises. Spiral binding allows for ease of page flipping and a built-in easel makes this visual aid a portable instructional reference.