



Myofascial Release and Muscle Stretching in trigger points

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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Myofascial trigger point (MTrPs) are claimed to be a common source of musculoskeletal pain in people presenting to manual therapists for treatment. Myofascial trigger points are the hallmark characteristics of myofascial pain and feature motor, sensory and autonomic components. There are many treatments aimed at eliminating MTrPs: Ischemic compression, Spray and stretch, Strain & counterstrain, Ultrasound therapy and Needling therapies. It is found that myofascial release is the most effective for easing MTrP pain and increasing cervical ROM. | Format: Paperback | Language/Sprache: english | 136 pp.

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