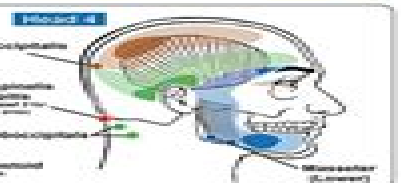
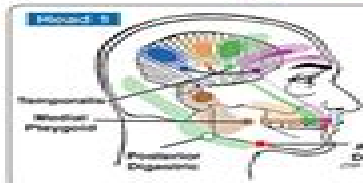
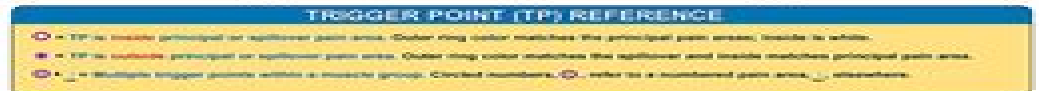
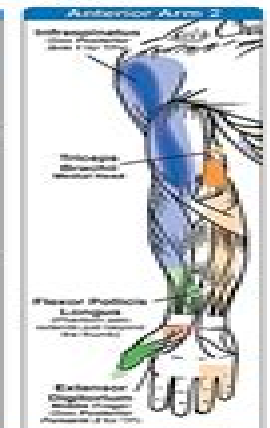
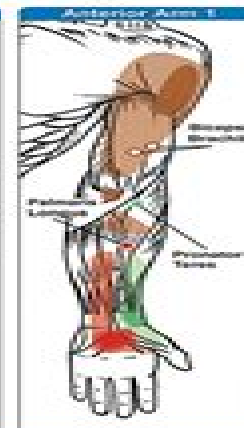
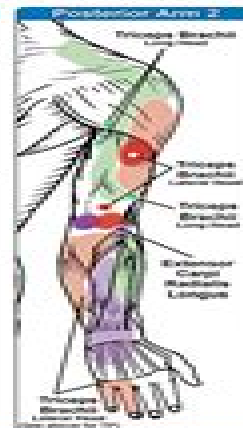
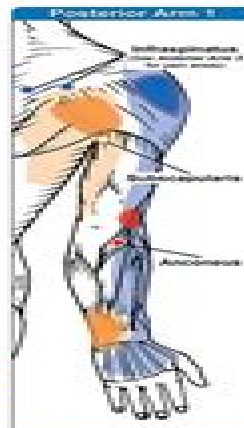
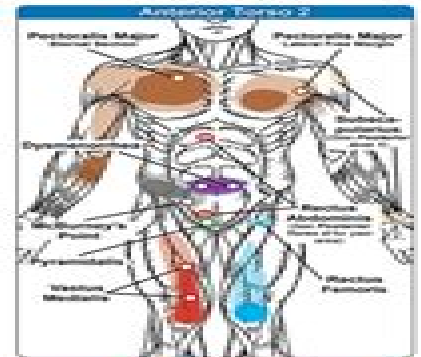
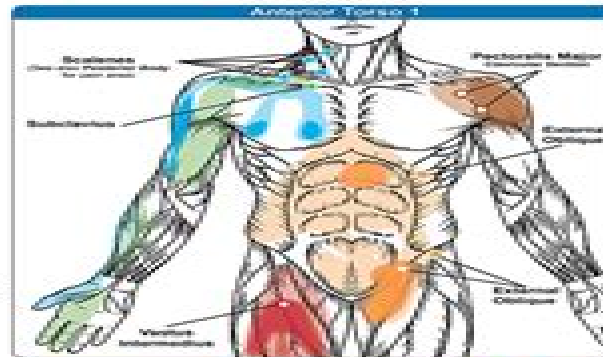
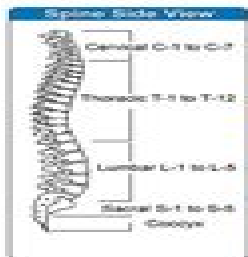
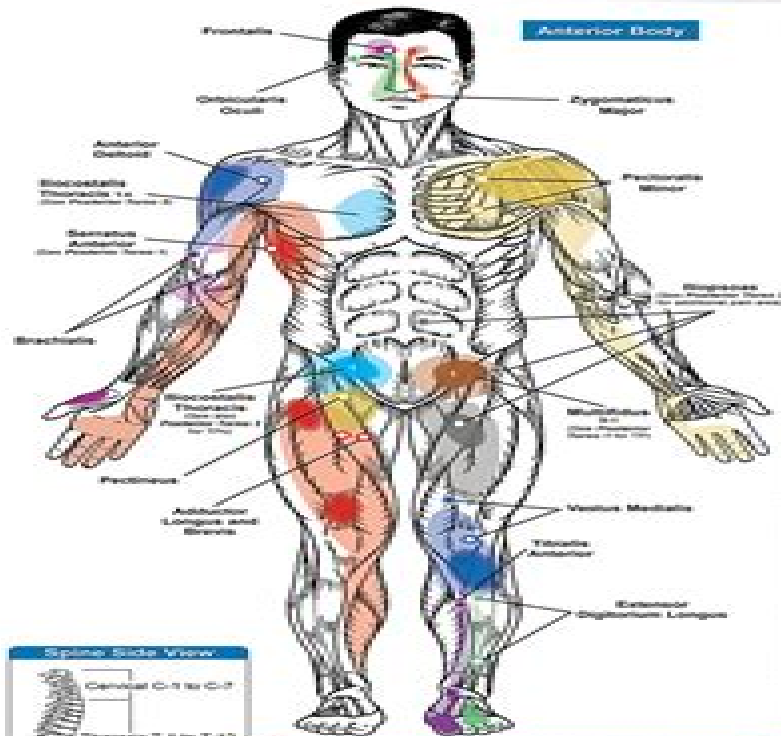


TRIGGER POINTS 1

Anterior Body, Head, Neck and Arms



IMPORTANT

- 1) Limit the time pressure is applied to a maximum of 2 minutes.
- 2) Avoid abdominal area if pregnant.
- 3) Stay on the soft tissue. Avoid direct pressure to joints and bones.

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Manual Trigger Point Therapy Charts

RC Schank

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