

**Trigger Point Self-Care Manual: For Pain-Free
Movement By Donna Finando L.Ac. L.M.T.**

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In Trigger Point Self-Care Manual Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the

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How to fix elbow pain with myofascial trigger point therapy

Tip of the elbow pain is caused by trigger points in either the triceps. These trigger points must be deactivated to restore the muscles to a pain-free state and therapists can teach their patients self-care techniques to assist in recovery. manual compression, stretching and movement to restore full range

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