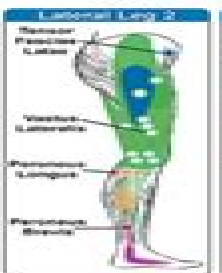
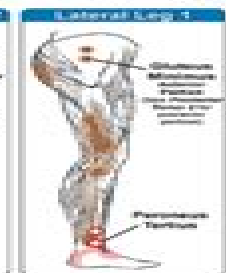
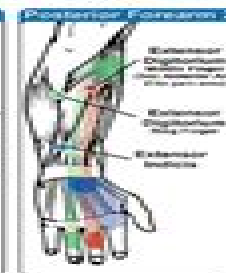
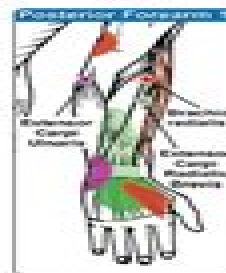
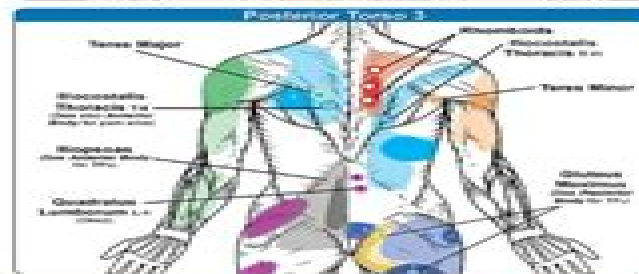
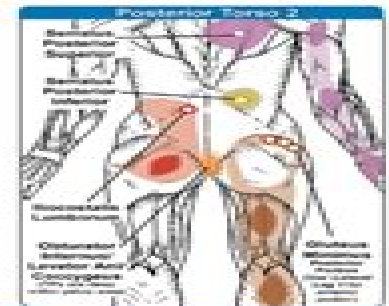
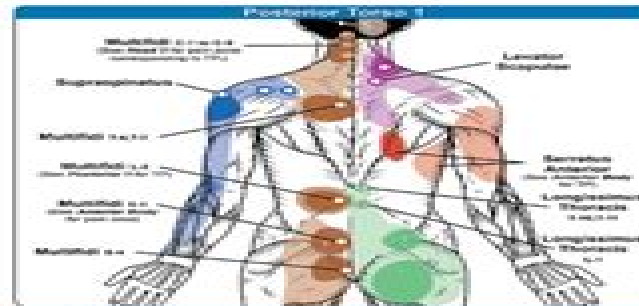
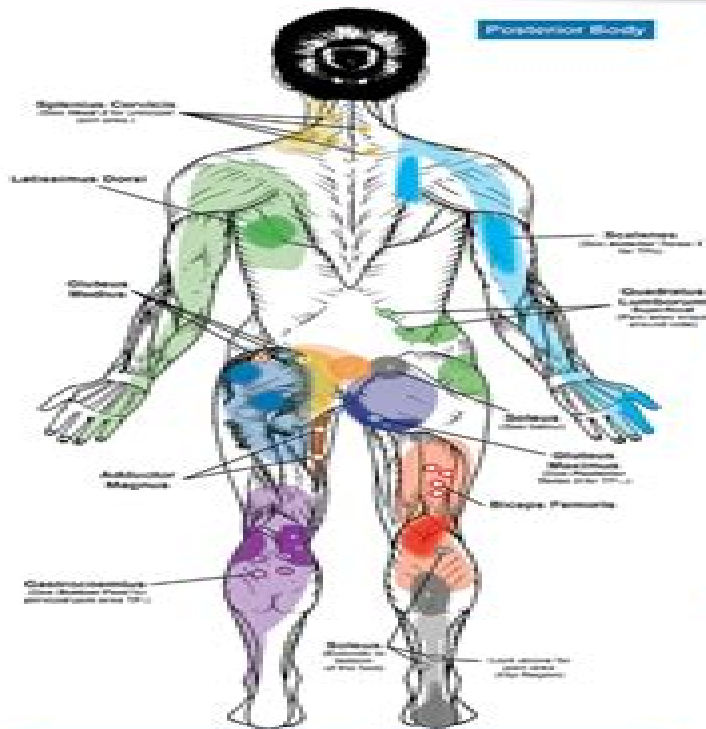


TRIGGER POINTS 2

Posterior Body, Arms, Legs, Hands and Feet



- TIPS**
- 1) Focus on your breath by taking long steady 4 sec. inhalations and 4 sec. exhalations.
 - 2) Work in the direction of muscle fibers.
 - 3) TP's are often on both sides of the body.
 - 4) Combine trigger point release with a strength training program for continued benefit.

- LEVELS OF INTENSITY**
- | | |
|--------|--|
| Light | Use finger pressure, adjusting intensity until TP releases. |
| Medium | Use a lacrosse ball/foam roller on something smooth. Try leaning against the wall, placing the foot between the TP and body. Externally point the foot to reach places under upper body. |
| Hard | Use body weight and gravity by lying on the floor with the ball/roller placed on TP and floor. |

- TRIGGER POINT (TP) REFERENCE**
- = TP is inside principal or splinter pain area. Outer ring color matches the principal pain area, inside is white.
 - = TP is outside principal or splinter pain area. Outer ring color matches the splinter and inside matches principal pain area.
 - = Multiple trigger points within a muscle group. Circled numbers, ①, refer to a numbered pain area, ② elsewhere.



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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Trigger Point Therapy Chart Poster Set

Minjie Lin

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Trigger Point Therapy Chart Poster Set: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Trigger Point Therapy Chart Poster Set : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Trigger Point Therapy Chart Poster Set : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Popen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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