

A Practical Guide to

Self-Massage



Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-Being

MARY ATRINSON

A Practical Guide To Self Massage Over 5simple

Jason Cain

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The Art of Self Massage Jason Cain, 2019-06-08 First off let me explain the purpose to writing this book As a practicing physical therapist for the past 12 years patients have constantly stated they wished they had learned some of the techniques that I have educated them about self massaging a long time ago The intent and design of this book is to aid you in taking better care and control of your body and improve your knowledge of how to manage your pains and limitations By pinpointing and treating your own trigger points with the use of inexpensive items even those that can be found around the

house I hope to impart upon you ways to alleviate these tightnesses and make the knots trigger points disappear The book does not go into great detail of the physiology and anatomy rather it s intentions are to inform you on the process itself and not to bore you with the vastness of the theory behind intervention The Book is best viewed on a larger screen due to the many pictures that are included within but a phone will work in a pinch if you need to release a tricky area while not having access to your larger devices Enjoy

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