



# **Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab**

*Karl Knopf, Chris Knopf*

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**UNLOCK THE HEALING POWERS OF THE TRIGGER POINT FOAM ROLLER WITH STEP-BY-STEP EXERCISES ANYONE CAN DO AT HOME**

Deceptively simple and incredibly versatile, the trigger point foam roller is a highly effective self-therapy tool. By following the step-by-step movements in this book, you can maximize its healing potential to:

**Alleviate Pain**

**Speed Recovery**

**Release Tension**

**Break Up Knots**

**Rehabilitate Injuries**

**Increase Flexibility**

A complete guide to using this amazing piece of equipment for self-treatment, *Trigger Point Therapy with the Foam Roller* shows how to soothe, relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym. It also details the best methods to release painful trigger points and break up soft-tissue adhesions that contribute to chronic pain.

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