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TRIGGER POINT THERAPY WITH THE FOAM ROLLER: EXERCISES FOR MUSCLE MASSAGE, MYOFASCIAL RELEASE, INJURY PREVENTION AND PHYSICAL REHAB



Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Trigger Point Therapy with the Foam Roller: Exercises for Muscle Massage, Myofascial Release, Injury Prevention and Physical Rehab, Karl G. Knopf, Chris Knopf, 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:...

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- Authored by Karl G. Knopf, Chris Knopf
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