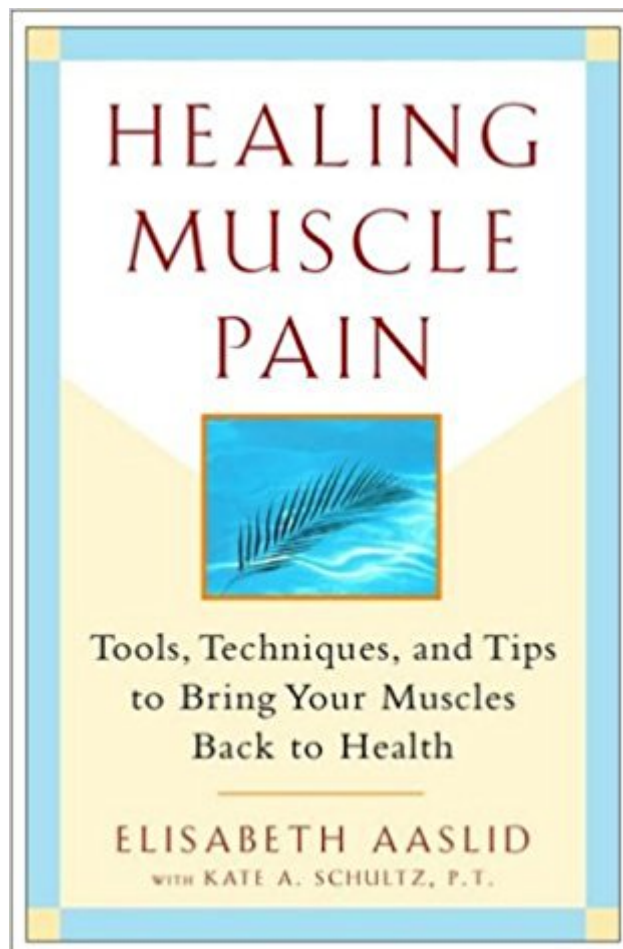




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Healing Muscle Pain: Tools, Techniques, And Tips To Bring Your Muscles Back To Health



Synopsis

A comprehensive, natural approach to self-guided muscle healing For anyone who has ever had back pain, neck pain, or wrist pain, *Healing Muscle Pain* is the ultimate reference on why muscles hurt and how they can heal. Brimming with practical tips and techniques, profusely illustrated, *Healing Muscle Pain* provides a combination of reference material and numerous remedies that can help heal all areas of the body. Medical writer Elisabeth Aaslid explains: why injuries to muscles occur, how to heal the injuries, and, most importantly, how to make sure that the pain never happens again. She includes how to incorporate stretching, how massage therapists, physical therapists, and doctors can help, and how to use a simple range of motion tests to determine areas of stiffness and damage that need attention.

Book Information

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Customer Reviews

This book is changing my life. I am 23 years old, and I thought that the bad decisions I'd made working at a grocery store were going to stay with me for life. I have been living with intense back and neck muscular pain for three years, and for the first time, after reading this book, I have hope. After one week of doing the stretches I already feel relief from some of the pain. I recommend this book to anyone who thinks they have to live with muscle pain for the rest of their lives, because you don't!

I have struggled with severe upper back pain for over two years. I have been to see doctors, had

x-rays (twice) and taken anti-inflammatory drugs off and on the entire time. It was extremely frustrating and led me to believe this was something I was simply going to have to live with. This book was an incredible revelation. The book not only gives you real practical help in identifying exactly what muscle is injured, but then goes on to give a detailed game plan for self rehabilitation, and beyond that how to strengthen the injured area so it won't become a problem again. I have only been using the techniques for a week or so now, but the change and relief I am starting to feel are amazing. I am so excited to know (and feel) that this problem will eventually be resolved 100%. I highly (or any muscle pain) recommend this book for anyone who struggles with back pain. This is not some kind of new age herbal nonsense. This is more like learning to perform physical therapy on yourself.

What a great book! I'm giving it to my friends and family for Christmas. Everyone whines about muscle pain. "How's your knee?" or "Is your neck better?" It's time we stop whining and start having more fun. I've had bad low back pain for two years. I thought muscle pain is inevitable as we age. Certainly the doctors I saw were happy to give me expensive prescription pain relief drugs. But these didn't fix anything. I needed to understand the causes and effects. This book has changed my expectations. I don't have to hurt. Using this book, I have reduced my muscle pain drastically. I actually slept pain free last night for the first time in months. Now I understand how the back and front of the body are one system. No wonder the McKenzie method isn't enough.

This book is a dictionary that will help you communicate with your body, understand its pains, and find relief in a natural, healthy way. It's written in a lively, candid style and many examples draw on the author's personal experiences. It will show you how to identify your muscles, stretch them, and strengthen them - the key steps not just for healing pain, but for preventing it in the first place. Whether you work in an office, have a construction job, or do anything in between, this book belongs in your library.

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