

A NEW HARBINGER SELF-HELP WORKBOOK

Trigger Point Therapy for Foot, Ankle, Knee & Leg Pain

A SELF-TREATMENT WORKBOOK

Valerie DeLaune, L.Ac.

Easy, effective relief for:

- Knee Pain and Stiffness • Ankle Pain • Leg and Foot Pain
- Numbness • Plantar Fasciitis • Bunions • Ankle Sprains
- Achilles Tendinitis • Shin Splints • Calf Cramping
- Foot Pronation/Supination • Rehabilitation from Breaks and Sprains

Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain

A Self-Treatment Workbook

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by Valerie DeLaune, L.Ac.

about the author ———

Valerie DeLaune, L.Ac., is a licensed acupuncturist and certified neuromuscular therapist who teaches trigger point workshops nationally. She holds a master's degree in acupuncture from the Northwest Institute of Acupuncture and Oriental Medicine, a bachelor of science degree from the University of Washington, and professional certificates from the Heartwood Institute and the Brenneke School of Massage. DeLaune is author of many books and articles on trigger points and acupuncture. She currently resides in Alaska. www.triggerpointrelief.com

find and heal the source of your
foot, ankle, knee, and leg pain ———

If you have pain, it's important to understand where it's coming from—but finding the source of your pain is more complex than it seems. Trigger points, contracted portions of muscle cells, can refer pain to other areas of your body, so the trigger points that cause your pain may not be located in the area where you feel the symptoms. Unless your health care provider has been trained in trigger point diagnosis and treatment, you may not get more than temporary relief. That's why it's essential to take charge of your own treatment for effective and lasting pain relief.

Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain helps you understand how trigger points form and where to search for them. You'll learn to apply pressure on trigger points and stretch these critical areas for effective and often instant relief. You'll also find out how to prevent trigger points from forming by making simple lifestyle changes, practicing proper body mechanics, and addressing nutritional deficiencies. Once you get started, you'll be on your way to eliminating your pain so that you can focus on enjoying life.

————— acclaim —————

"These proven techniques are supported by current research and based on many years of effective clinical experience. If myofascial trigger points are the source of your lower extremity pain, then you will find this basic book to be a critical tool in your journey to self healing."

—Renee Gladieux Principe, NCTMB, massage therapist and vice president of sales for the Pressure Positive Company

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