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The Big Lie about Trigger Points (Knots) & How to Get Rid of Them. "Famous" Physical Therapists Bob Schrupp and Brad Heineck discusols the big lie that is often stated about **trigger points**.

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The Trigger Point Therapy Workbook Your Self Treatment Guide for Pain Relief

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How to get rid of muscle knots in your neck, traps, shoulders, and back How do you get rid of muscle knots? What are muscle knots? Why do you get muscle knots? 10 simple things you can do right now ...

60 Second Stretches to Get Knots from Shoulders, Upper Back, & Traps "Famous" Physical Therapists Bob Schrupp and Brad Heineck demonstrate 60 second stretches you can perform to get rid of those ...

10 IMPORTANT Pressure Points That Actually HEALS Your Body & Mind Acupressure

pressure points are documented to have healing effects. Here are 10 to remember that can help treat you right on ...

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