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Travell and Simons's Trigger Point Manual is the mother lode of information about trigger points and referred pain. This was the primary technical resource in the writing of The Trigger Point Therapy Workbook. The magnificent illustrations were a constant inspiration. Volume one (The Upper Body) is shown here.

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trigger point volumes he coauthored with Dr. Travell, and review trigger point research articles until his death at the age of 88 on April 5, 2010. I am also profoundly grateful to my neuromuscular therapy instructor, Jeanne Aland,

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