



# **Praxisbuch Myofasziale Triggerpunkte: Diagnostik - Therapie - Wirkungen (German Edition)**

*Heidi Tanno-Rast*

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## Triggerpunkttechniken Schritt für Schritt

Erfahren Sie alles Wissenswerte über **manuelle Triggerpunkttechniken**. Schritt-für-Schritt-Anleitungen helfen Ihnen die Behandlung kompetent und richtig durchzuführen.

Alle relevanten Triggerpunkte werden in aussagekräftigen anatomisch Abbildungen dargestellt sowie typische Verletzungsmuster bzw. Aktivierungsmechanismen (Ursachen) beschrieben. Detailgenaue Fotos zeigen die differenzierten Behandlungstechniken.

Für jeden Muskel erfahren Sie:

- Lokalisation und Ausstrahlung der Triggerpunkte
- Wie können Triggerpunkte untersucht und behandelt werden?
- Welche Ausgangsstellung ist für die Triggerpunktbehandlung zu wählen?

Darüber hinaus gibt Ihnen das Buch theoretische Hintergrundinformationen zur Physiologie und Pathophysiologie der Triggerpunkte sowie Beispiele für Selbstdehnungstechniken des Patienten.

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