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Temporomandibular Joint Disorder - Pain Relief And Rehabilitation



Synopsis

Simeon Niel Asher is a British osteopath who is widely regarded as one of the world's leading experts in trigger point therapy. Simeon is the author of the best selling "Concise Book of Trigger Points" which has been a standard teaching text for more than 10 years. In most cases, Temporomandibular Joint Disorder is associated with trigger points (knots, or taut bands) in specific muscles of the face, head and neck. These can be treated extremely effectively with a combination of self-massage, stretching and gentle stretching exercises. This fully illustrated self help guide provides clear and simple to follow instructions to help you identify the location of your "trigger points" (the correct area that requires massage). The program also includes stretching and strengthening exercises to perform between your self massage treatments that form part of the standard treatment protocol for Temporomandibular Joint Disorder. All NAT self help programs come with online support, so you are never more than an email away from a trained therapist to answer any questions and to help you work through the self-help program. Niel Asher Healthcare - Publishing self help programs since 1997.

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