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A pamphlet about trigger points can help to build awareness about why these occur, and how they can be prevented. It is predicted that most people will experience a trigger point in their lives, and...

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Trigger Points Advanced Speedy Study Guides Speedy Publishing Trigger Points (Advanced) Speedy Study Guides : Trigger points can be described as small and hard knots that can appear on the muscle tissue and cause pain. A pamphlet about trigger points can Page 3/5.

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