



Puntos de activación: Manual de autoayuda: Movimiento sin dolor (Spanish Edition)

Donna Finando L.Ac. L.M.T.

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Una guía para el tratamiento del dolor producido por lesiones comunes en los deportes y otras actividades físicas

- Contiene técnicas que se pueden aplicar en el hogar para promover la sanación y la toma de conciencia de la musculatura del cuerpo.
- Explica cómo aliviar el dolor mediante el uso de masajes manuales junto con pequeñas pelotas para fisioterapia.
- Incluye una sección con ilustraciones de tratamientos organizados por zona del cuerpo.

En este libro, Donna Finando presenta métodos para la sanación y prevención de lesiones musculares. La autora identifica causas y remedios relacionados con zonas de tensión y restricción muscular y detalla muchas técnicas precisas de autotratamiento, entre las que figuran el automasaje, el estiramiento y el uso de compresas húmedas calientes y/o compresas de hielo. En la sección de las ilustraciones de referencia, organizada por partes del cuerpo, identifica los dolores vinculados con los puntos de activación en cada músculo del cuerpo y presenta instrucciones sobre cómo palpar, tratar y estirar el músculo para poder liberarlo.



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