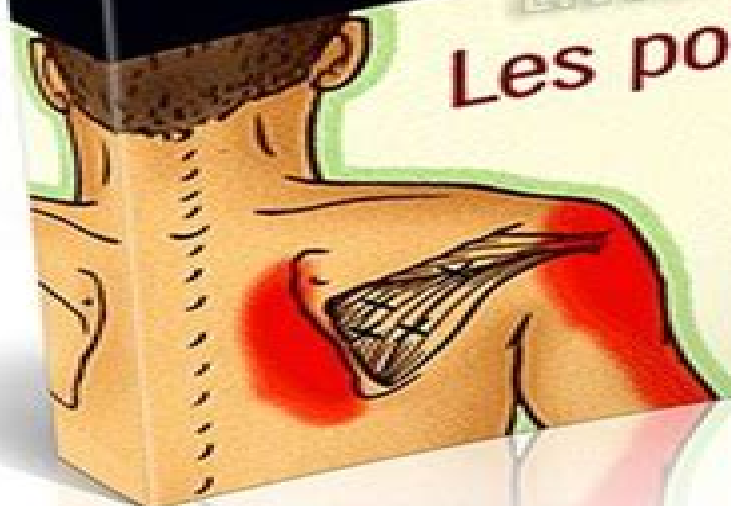


**Douleur musculaire
et étirements
en 32 planches**



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Les points gâchettes



Joseph E. Muscolino
Chiropracteur et spécialiste de la douleur musculaire

Douleurs Musculaires Et Etirements En 32 Planches

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Douleur musculaire et étirements en 32 planches Philippe Paumard, Joseph E. Muscolino, John Scott & Co, 2011-06-17
Avec ses 169 illustrations en couleur ce livre chevet est conçu de manière pédagogique pour permettre au thérapeute non seulement de localiser les points gâchettes et les zones de douleur projetée mais également de visualiser les tirements spécifiques pour chaque muscle concerné. Chaque page comprend ainsi les principales caractéristiques des points gâchettes, des zones de projection de la douleur ainsi que les tirements associés. Ce support cartonné grand format dont la solidité et la reliure spirales rendent l'utilisation très pratique pourra être posé sur le bureau du thérapeute il lui sera tout aussi utile comme outil dans sa pratique quotidienne que pour expliquer ses patients le traitement envisagé de manière claire et visuelle. Un outil pratique et efficace. Des figures simples et en couleur montrent la localisation des points gâchettes pour chaque muscle comme les zones de projection de la douleur. Le tirement spécifique de chaque muscle est présenté de manière pédagogique. Les pages en grand format permettent de visualiser un groupe musculaire dans son ensemble de même que les tirements associés ce qui permet de retrouver facilement une région musculaire spécifique. Livres de France, 2009-10

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en situation réelle de pratique quotidienne *Anatomie & 100 étirements essentiels* Guillermo Seijas, 2025-01-02 **Points**
gâchettes, comment soulager les douleurs Jacky Gauthier, 2018-05-29 Qu'est-ce qu'un point gâchette ? Il s'agit d'une région
fortement irritée au sein d'un muscle squelettique ou d'un fascia musculaire. Ce point est douloureux à la palpation, il peut entra-
ner des tensions musculaires, des réactions végétatives et des douleurs projetées. Ces points gâchette se forment lorsque le
corps veut vaincre une trop grande tension sur une articulation ou un muscle en réaction à un traumatisme, une activité physique
intensive, un stress négatif ou encore après une période de sédentarité. Le but de cet ouvrage structuré en différentes fiches
musculaires est de cibler efficacement les points, de comprendre leur apparition et de les soulager avec des gestes et des
techniques adaptés. Après un rappel sur les multiples bienfaits des auto-massages, des massages et des étirements, les diffé-
rentes parties du corps sont traitées dans des chapitres dédiés avec de nombreux dessins pédagogiques pour faciliter la compré-
hension des mécanismes de l'œuvre. Des photos complètent les consignes et illustrent les mouvements à reproduire pour détecter
et soulager les points gâchettes. Parce qu'une bonne compréhension est nécessaire à une bonne exécution, voici un manuel qui
fait le lien entre connaissances théoriques et application pratique.

Decoding **Douleurs Musculaires Et Etirements En 32 Planches**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Douleurs Musculaires Et Etirements En 32 Planches**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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