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Healing Muscle Pain: Tools, Techniques, and Tips to Bring Your Muscles Back to Health

Elisabeth Aaslid

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A comprehensive, natural approach to self-guided muscle healing

For anyone who has ever had back pain, neck pain, or wrist pain, Healing Muscle Pain is the ultimate reference on why muscles hurt and how they can heal. Brimming with practical tips and techniques, profusely illustrated, Healing Muscle Pain provides a combination of reference material and numerous remedies that can help heal all areas of the body. Medical writer Elisabeth Aaslid explains: why injuries to muscles occur, how to heal the injuries, and, most importantly, how to make sure that the pain never happens again. She includes how to incorporate stretching, how massage therapists, physical therapists, and doctors can help, and how to use a simple range of motion tests to determine areas of stiffness and damage that need attention.

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