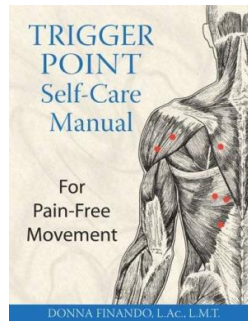


Trigger Point Self-care Manual: For Pain-free Movement



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