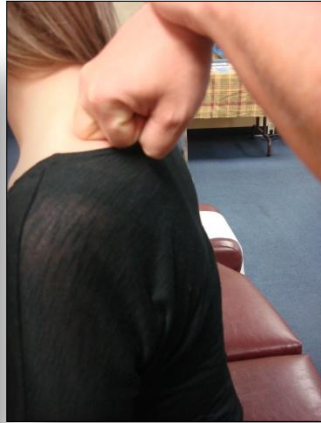


# Contact Methods for Trigger Point Therapy

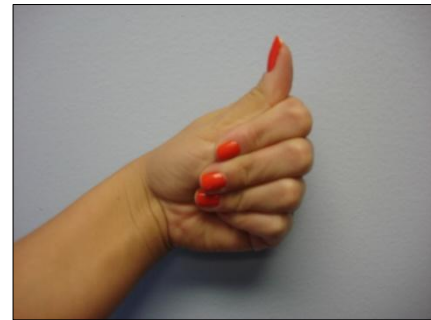
Knuckle Punch Method



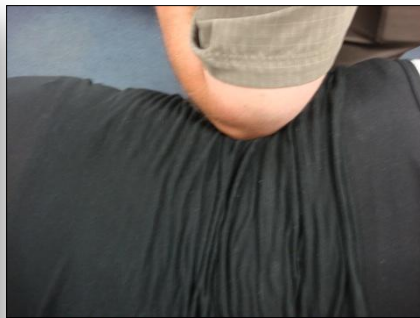
Double Hand Squeeze for Extremities



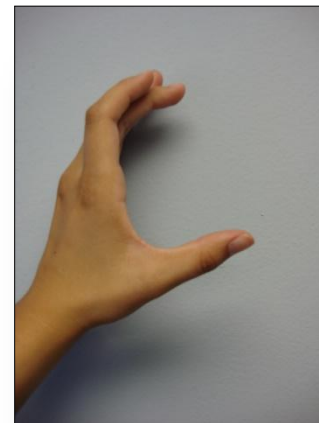
Reinforced Thumb



Elbow Method



Single Finger Squeeze for the Neck



Thumb Pad Over Thumb Nail Method

