

**Trigger Point Therapy For Foot, Ankle, Knee, And Leg
Pain: A Self-Treatment Workbook (New Harbinger Self-
Help Workbook) By Valerie DeLaune LAc**

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We have focused the educational spotlight on Valerie DeLaune in previous newsletters and blog posts. She continues to be a standout author in the field of Trigger

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Valerie delaune lac, mac, cnmt, cmt, bs -

Valerie DeLaune LAc, MAc, CNMT, Pain Relief Trigger Points Expert. Valerie DeLaune Quick Facts Main Areas: Pain Relief,

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Feet. Using Trigger Point Footballer. 1. Another thanks to Jane Anderberg from Agility Physical Therapy and Sports Medicine in Denver for helping with the science.

Numbness in hands or feet - trigger point therapy

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