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infiltriert Über den zo nen des ausstrahlenden schmerzes
referred pain setzen wir quaddeln die

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physiotherapierende und all jene die sich eingehend mit dem
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möchten als umfassendes arbeitsbuch vermittelt es auch das
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passiver dehnung sein und verminderte kraft im vergleich
zum gesunden muskel aufweisen travell und simons
unterscheiden zwischen aktiven symptomatischen und
latenten asymptomatischen triggerpunkte aktive tp
verursachen spontan schmerzen latente tp sind nur

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befund bestehend aus anamnese inspektion und dehnstests
die entsprechenden triggerpunkte einzugrenzen und im
rahmen der anschließenden behandlung systematisch und
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was sind triggerpunkte und wo sitzen sie meinmed at -
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web dec 12 2014 bewegung sport und heilgymnastik wirken
in jedem fall besser als schonung es gibt verschiedene arten
von triggerpunkten aktive myofasziale triggerpunkte
schmerzen auch ohne dass sie gedrückt werden schwächen
den betroffenen muskel und sind sehr empfindlich latente
myofasziale triggerpunkte