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Trigger points can be described as small and hard knots that can appear on the muscle tissue and cause pain. A pamphlet about trigger points can help to build awareness about why these occur, and how they can be prevented. It is predicted that most people will experience a trigger point in their lives, and this type of pamphlet can help others to understand where the source of their pain originates, and the next steps to take to remedy this type of pain.

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