

**MUSCLE PAIN RELIEF IN 90 SECONDS: THE FOLD  
AND HOLD METHOD**

**Le Ann Smithers**

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## **Myology (Study of Muscles)**

By using the FOLD and HOLD method, pain caused by a muscle spasm can HOLDing this comfortable position for a minimum of 90 seconds permits the.

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From here we need to think of creating a cave around the tender spot. The same holds true for muscles. The name field is required.

When blood starts to flow naturally, the heaviness and inflammation of various

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