

### **Chronic Pain and Illness Articles**

- [Chronic Spinal Pain and Dysfunction](#)
- [Fibromyalgia](#) (.pdf)
- [Trager Approach and Breast Cancer - Mary Openlander](#) \* (.pdf)

### **Trager Headaches Articles**

- [Headache Remedy](#) \* (.pdf)
- [Trager Approach in Treatment of Chronic Headache - Pilot Study - Jack Liskin](#) \* (.pdf)

### **Trager Articles about TMJ**

[TMJ, A New Way to Find Relief](#) \* (.pdf)