

# Read Book Trigger Point Self Care Manual For Pain Free Movement

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## **3JMKDO - HARTMAN SHEPARD**

Since publication almost ten years ago, *The Concise Book of Trigger Points* has been translated into over twenty languages and become a best seller worldwide. This new edition has been completely updated with current research, evidence, and advanced techniques for manual therapy practitioners, and includes simple self-help protocols that the layperson can do at home. Containing full-color illustrations, this compact reference guide explains how to treat chronic pain through trigger point -- tender, painful nodules that form in muscle fibers and connective tissues. The easy reference format presents useful information about the trigger points relating to the main skeletal muscles, which are central to massage, bodywork, and physical therapy. The first six chapters provide a sound background to the physiology of trigger points, and the general methods of treatment. Chapters 7 through 12 are organized by muscle group, with the information about each muscle presented in a uniform accessible style. Each two-page spread gives detailed anatomical information, referred pain patterns, plus key trigger point information, practitioner protocols, and self-help information and drawings. "This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms." --Dr. Bob Gerwin, MD, FAAN Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland "Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource." --Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel "This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate." --Jonathan Reynolds, PhD, PT, co-owner and founder of Reynolds Rehabilitation Enterprises

Through this book, readers will learn to tell whether they have myofascial pain trigger points, FMS, MPS, or the FMS/MPS Complex, and will discover many steps to take to successfully manage symptoms.

This book presents Sauer's trigger point therapy protocols for lumbar, buttock, and ilio-sacral pain. These gentle techniques are easy to learn and administer at home and include compression, stretching, and range of motion exercises for the muscles that refer pain to the lower back and hip areas.

One of the most beloved and trusted mindfulness teachers in America offers a lifeline for difficult times: the RAIN meditation,

which awakens our courage and heart Tara Brach is an in-the-trenches teacher whose work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us. A PENGUIN LIFE TITLE

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points--tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The *Trigger Point Therapy Workbook, Third Edition*, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

A practical, effective, and inspiring guidebook for dealing with chronic pain • Explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain • Presents successful strategies from the author's 25 years of coping with her own pain • Includes 55-minute CD of author's key techniques for controlling pain In 1989, following surgery for a back injury, Jan Sadler was left in constant pain, with no hope of any further conventional treatment and no adequate prescription drug therapy. Rather than settle for a life of chronic suffering, she gave up her career teaching English and began an investigation into the self-treatment of her pain. Building on her skills as a teacher, she in-

corporated the pain management techniques she discovered into programs that would help other sufferers learn how to cope with pain and find truly effective relief from its debilitating effects. Sadler shows how we can reduce pain's grip by changing our personal reactions to the pain we are feeling. Chronic pain keeps our attention fixed firmly on our anguish, which then feeds the painful reaction back into our perception of being in pain, creating a vicious cycle. By allowing our reaction to become one of relaxation and acceptance, the pain is dramatically lessened, both by the absence of a negative perception and by the infusion of relaxation into the point of pain. In *Pain Relief without Drugs*, Sadler provides easy-to-use self-help techniques that offer support and understanding in breaking pain's cycle--from relaxation, visualization, and breathing techniques to setting goals, building self-esteem, and coping with pain flare-ups. The author's 25 years of coping with her own pain and 16 years of teaching pain management techniques result in a book that is filled with practical activities and possibilities for a better life. The book is accompanied by a 55-minute CD narrated by the author of key techniques for controlling pain.

The #1 New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the *Midnight Library* to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Colloidal mineral supplements allow 98 percent of the supplement to be absorbed by the body, as opposed to the 3 to 5 percent absorption of standard mineral supplements. "Colloidal Minerals and Trace Elements" details 55 trace elements, their beneficial effects, and the ideal combinations of colloid supplements to use based on your health concerns.

"A manual for understanding and treating chronic pain associated with trigger points, the tender, painful nodules that form in muscles and connective tissues"--Provided by publisher.

A practical guide to at-home pain relief with trigger point therapy Whether you're recovering from an injury, dealing with a chronic condition, or experiencing daily headaches—trigger point therapy can provide pain relief. Those hidden, tender knots in your muscles—also known as trigger points—may be small but they can cause a huge amount of pain. *Trigger Point Therapy Made Simple* puts healing in your hands so you can stop living in pain and get back to thriving in your life. Learn the ropes of trigger point therapy with an overview of what causes trigger points, how trigger point therapy works, and what to expect. Organized by muscle, the illustrated, step-by-step instructions will help you find relief from injuries, fibromyalgia, and other myofascial pain conditions with gentle, easy motions and massage techniques. At-home treatment should be simple and effective—and now it is. *Trigger*

*Point Therapy Made Simple* includes: *Beyond massage*—Treat your muscles and your nervous system in 4 easy steps for maximum long-lasting pain relief. *Anatomical aids*—Handy anatomical illustrations let you pinpoint where your pain is and show you how to perform the gentle movements that will help you heal. *Mind and body*—Retrain your brain with a holistic approach to treatment, including helpful habits, breathing exercises, and stress-relief tips. Move better and recover faster with *Trigger Point Therapy Made Simple*.

This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point (TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. *Trigger Point Dry Needling* brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

This flip chart presents the most commonly accepted locations for myofascial trigger points and their corresponding referral zones for the major muscles and muscle groups of the human body.

Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation! *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching*, 3rd Edition provides an in-depth guide to the art and science of palpation, along with clear instructions for massage assessment and treatment techniques. It describes how to palpate, how to stretch, and how to utilize trigger points, preparing you for practice with coverage of ligaments, all major massage strokes and draping methods, and a thorough chapter on body mechanics. Written by noted lecturer and educator Joseph Muscolino, this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations. Step-by-step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques. UNIQUE! Coverage of stretching describes the role of stretching as part of effective treatment, with drawings of self-care stretches presented alongside therapist-assisted stretches. General muscle information includes attachments, actions, and a drawing of the individual muscle. Full-color photos and illustrations show palpation of muscles, exactly how the muscles look, and where the muscle is located underneath the skin as it is being palpated. Illustrations of trigger points and referral patterns make it easier to identify locations, showing where trigger points lie on the muscle and where pain radiates when an injury is felt. Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks. Assessment and massage treatment strokes are shown in illustrations and in the *Palpation Notes*, moving you from theory and assessment to practical application. Case studies in each chapter emphasize critical thinking and clinical reasoning, allowing you to ap-

ply your knowledge to the practice setting. Deeper Thoughts questions challenge your reasoning skills. Measurable objectives at the start of each chapter identify key goals and are accompanied by a chapter overview, outline, and key terms. NEW and UNIQUE! Chapter on orthopedic assessment is added to this edition. NEW video lessons on the Evolve website feature Dr. Joe demonstrating bone and muscle palpation protocols.

#### ALLEN/GETTING THINGS DONE

A clinical reference manual for the evaluation and treatment of muscle pain. • Detailed color illustrations of pain patterns and trigger-point locations. • First accessible reference manual for acupuncturists, chiropractors, osteopaths, and physical, occupational, and massage therapists. In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. A "user's manual" for health care practitioners, *Informed Touch* examines a wide range of pain patterns and their treatment. Introductory chapters include discussion of the oriental medicine concept of Qi and its relationship to myology, information on trigger point location and activation, and palpatory skill-building techniques. Detailed information on each muscle, including pain-pattern and trigger-point illustrations and specific palpation instructions, allows clinicians to locate specific areas quickly and accurately. A visual index, showing reduced versions of the pain-pattern illustrations, makes it easy for clinicians to identify the muscles that may be involved in a patient's complaint. *Informed Touch* answers the reference needs of the growing community of physical and occupational therapists, acupuncturists, chiropractors, osteopaths, and massage therapists.

Licensed acupuncturist, certified massage therapist, and trigger point specialist Valerie DeLaune presents *Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain*, the first book to offer trigger point therapy techniques specifically for these types of pain. This book features step-by-step home treatment plans for an array of musculoskeletal conditions, including bunions, hammertoes, ankle pain, Achilles tendonitis, restless leg syndrome, and more.

Techniques that allow parents to be active agents in providing relief and healing when illness occurs in their children • Reveals the importance of touch in both childhood development and healing • Details acupoint and trigger point therapy techniques for most common childhood ailments, including asthma • Identifies when to seek professional help vs. situations that can be handled at home Touch is critical to the development of babies and children. It establishes both their sense of self and their connectedness to the rest of the world. Donna Finando shows that touch is also key to restoring health when illness occurs. As a mother and grandmother, she has experienced the frustration and helplessness of watching a sick child suffer. As an acupuncturist and massage practitioner, she has found there are many simple ways parents can provide relief and even healing for many common ailments that afflict children by using touch therapy. Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely, activating the body's remarkable healing abilities. Colds, sore throats, ear infections, constipation, diarrhea, vomiting, and even asthma are some of the common conditions that can be relieved by touch therapy. Finando presents an in-depth explanation of each condition, providing information on causative factors, dietary and behavior recommendations, point techniques that can offer relief, and when to seek medical help. The gentle techniques that form this healing practice also extend to other parent-child interactions, offering a comprehensive model for the care and nurturing of children.

A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

*The Type 1 Diabetes Self-Care Manual: A Complete Guide to Type 1 Diabetes Across the Lifespan for People with Diabetes, Parents, and Caregivers* offers practical, evidence-based and common sense help for people with type 1 diabetes and their caregivers. For the close to 1.5 million people with type 1 diabetes in the United States alone and their family and friends, this book will help them understand the effects of type 1 diabetes, not just when diagnosed, but throughout their lifespan. Dr. Jamie Wood and Dr. Anne Peters, two of the most respected and sought-after endocrinologists, provide an easy-to-follow narrative on all aspects of the disease. *The Type 1 Diabetes Self-Care Manual* will be the go-to reference for everyone touched by type 1 diabetes.

We've all been there--angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: \*How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties \*How to feel your feelings without using food \*How to honor hunger and feel fullness \*How to follow the ten principles of Intuitive Eating, step-by-step \*How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

A foam roller is a cylindrical log that is used as workout equipment for its usability and convenience. It was in fact initially used as a tooling aid during physical therapy sessions but has become an important part of a good workout regimen. It is a terrific product for self-massage, core stability, balance training, regular stretching, pain management, yoga exercises and Pilates. An individual might occasionally suffer from muscle pains because of the tightening up of the tissues. This tightening of the muscle tissue is usually known as muscle knot or simply a trigger point. To ease pains linked to the trigger points, one has to diffuse somehow or break up the knots. The roller is a type of exercise equipment that stretches muscular tissues and tendons plus it breaks down

scar tissue formation and soft tissue adhesions. This book is a guide to using not only foam roller but also massage balls to break up knots, release tension, speed up recovery and increase flexibility.

Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles. Understanding and treating these points can lead to rapid and lasting pain relief. Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. The Concise Book of Trigger Points has set the gold standard for providing a clear understanding of the treatment of trigger points. Designed for the student and practitioner of massage/bodywork, physical therapy, physiotherapy, osteopathy, sports therapy, and any other health-related field, it functions both as an entry-level textbook and an authoritative reference for even the most experienced therapist. This updated third edition includes new self-help and practitioner treatment guidelines for each muscle discussed, covering cutting-edge trigger point theory and practice. The opening chapters describe the basics of trigger points and include detailed therapeutic protocols. Chapters seven through twelve are organized by muscle groups, with detailed color illustrations of each major skeletal muscle. In addition, respected osteopath Simeon Niel-Asher discusses the physiological implications of the trigger points in each muscle—and techniques for treatment—and addresses the most common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome. This is a must-have manual for students, professional hands-on therapists, and those who wish to gain a greater knowledge of trigger point therapy. "This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms." --Dr. Bob Gerwin, MD, FAAN Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland "Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource." --Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel "This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate." --Jonathan Reynolds, Director, TOLA systems.

This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of trigger point release techniques in addition to spray and stretch, and a new chapter on intercostal muscles and diaphragm.

A holistic guide to improving one's vision both physically and spiritually • Explains how blurred vision is a reflection of other imbalances in the body, mind, and spirit • Offers natural methods for

improvement of poor eyesight and stress-related difficulties, including dyslexia and ADHD • Combines the core values of the Bates method of natural vision improvement and Taoism Fewer than three percent of children in North America are born with visual defects, yet as they become adults nearly two thirds will become reliant on prescription lenses to see clearly. Virtually nonexistent in pre-industrialized cultures, this epidemic of blurred vision can be traced to mental, physical, and spiritual imbalances in modern society. The traditional "quick fixes" of eyeglasses and contact lenses only serve to cover the true cause of blurred vision while increasing eye-strain, and often progressively worsen eyesight as the eyes become trained to work within the confines of the corrective lenses. The advent of refractive surgery carries even more serious risks. In Restoring Your Eyesight, Doug Marsh offers a natural alternative that shows readers how to improve their eyesight by taking conscious control of their vision health. He combines proven methods pioneered a century ago by eye doctor William Bates with the ancient Chinese wisdom of Taoism. Marsh describes how vision goes deeper than the eyes and optic nerves, extending well into the layers of the mind, emotions, and spirit. Eyesight difficulties are often connected to behavioral and stress-related syndromes, such as dyslexia, ADHD, stuttering, TMJ, and anxiety disorders. He draws upon the core values of the Bates method and Taoism--rhythm, softness, return, balance, and wholeness--to provide guidelines for a holistic healing of outer and inner vision.

From the renowned author of the best-selling Trigger Point Therapy Workbook comes this first-ever book of self-care techniques for frozen shoulder, a very common painful and mobility-restricting condition.

Presented in a step-by-step format, this book equips readers with the skills needed to effectively deliver this physiotherapy technique to their clients. Describing the passive, active-assisted and active methods of using Soft Tissue Release, this book will be of use to both practising and studying therapists.

**THE MUST-READ MULTIMILLION BESTSELLING MYSTERY SERIES** • Everyone is talking about A Good Girl's Guide to Murder! With shades of Serial and Making a Murderer this is the story about an investigation turned obsession, full of twists and turns and with an ending you'll never expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, Good Girl, Bad Blood! "The perfect nail-biting mystery." --Natasha Preston, #1 New York Times bestselling author

A guide to the treatment of pain from common sports injuries and other physical activities • Contains at-home techniques to promote healing and self-awareness of the body's musculature • Explains how to relieve pain using manual massage in conjunction with small physio balls • Includes an illustrated treatment reference section organized by region of the body The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too

minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead to more severe injuries. In *Trigger Point Self-Care Manual* Donna Findando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by body part, she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it.

Trigger point expert Valerie DeLaune presents *Trigger Point Therapy for Repetitive Strain Injury*, a complete treatment manual for healing carpal tunnel syndrome, tennis elbow, and other repetitive strain injuries at home with trigger point therapy.

A guide to coping with fibromyalgia, myofascial pain, and chronic fatigue syndrome • Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present • Offers techniques to dispel the side effects created by these illnesses Fibromyalgia, chronic myofascial pain, and chronic fatigue syndrome are often seen as interchangeable conditions, a belief held even by many health care providers. Nothing could be further from the truth—however, they do often coexist. Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others. Written by a registered nurse and a psychologist who has been treating these conditions since 1994, this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind-body connection to restore well-being. The authors provide a thorough guide to numerous treatment options—from diet, exercise, and herbs to mindfulness meditation, chi kung, and nonsteroidal anti-inflammatory drugs (NSAIDs). They also offer techniques to dispel the “brain fog” that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor. The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well-being.

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

*Soft Tissue and Trigger Point Release, Second Edition*, is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation. Whether you are a student or a professional, the detailed instruction and numerous photos will help you gain proficiency and confidence in applying these techniques. *Soft Tissue and Trigger Point Release* thoroughly explains the differences between the three types of STR—passive (clients do not help), active-assisted (clients and therapists work together), and active (clients do it on their own)—and provides step-by-step descriptions for performing each type. This edition incorporates new content on how soft tissue release may be used to deactivate trigger points, aiding in the treatment of musculoskeletal pain. Additional updates include the following: • More than 150 new photographs and 21 new anatomical illustrations • Guiding arrows overlaid on photos to show the direction in which to apply pressure • Illustrations of trigger points found in 21 muscles • New descriptions of the use of active-assisted STR on the iliotibial band (ITB), infraspinatus, biceps

brachii, and triceps • New sections describing how to apply active STR to gluteals, trapezius, scalenes, rhomboid, and pectoral muscles • Instruction for applying passive STR to shoulder adductors • Case studies providing examples of how STR was used with four clients with differing problems Complementing each technique are information on the key holds, moves, and stances for various muscles and handy reference charts indicating the types of clients and situations for which each technique is particularly useful. The full-color photos depict the locks and stretches, while some of the more difficult techniques are accompanied by photos showing the position of the therapist and a skeletal overlay on the client so you can pinpoint the specific muscle being targeted. The book also explains how to use alternative options—such as massage tools and forearms, fists, and elbows—to protect your hands and thumbs from overuse. Tip boxes offer practical comments on applying the techniques, while Client Talk boxes provide insight into real-world situations. *Soft Tissue and Trigger Point Release* also shows you how to incorporate the proper techniques into a treatment program. It guides you through the consultation process and provides examples of initial questions to ask clients and various assessment forms to use in identifying clients' needs. Using case studies and comparisons, you will learn how the data gleaned from clients can guide the design of an effective treatment program. *Soft Tissue and Trigger Point Release, Second Edition*, is part of the *Hands-On Guides for Therapists* series, developed to provide the best clinical and educational resources available for those in bodywork professions.

*Trigger Point Therapy* can offer relief to the millions who struggle daily with headache pain. This book explains trigger point theory and then offers a complete program for self care that includes clear illustrations of all techniques.

This book is about empowerment for chronic pain patients and care providers alike. Every chronic pain condition has a treatable myofascial trigger point component, including fibromyalgia. Many of the localized symptoms now considered as fibromyalgia are actually due to trigger points. The central sensitization of fibromyalgia amplifies symptoms that trigger points cause, and this book teaches care providers and patients how to identify and treat those causes. Chronic myofascial pain due to trigger points can be body-wide, and can cause or maintain fibromyalgia central sensitization. Trigger points can cause and/or maintain or contribute to many types of pain and dysfunction, including numbness and tingling, fibromyalgia, irritable bowel syndrome, plantar fasciitis, osteoarthritis, cognitive dysfunctions and disorientation, impotence, incontinence, loss of voice, pelvic pain, muscle weakness, menstrual pain, TMJ dysfunction, shortness of breath, and many symptoms attributed to old age or “atypical” or psychological sources. Trigger point therapy has been around for decades, but only recently have trigger points been imaged at the Mayo Clinic and National Institutes of Health. Their ubiquity and importance is only now being recognized. Devin Starlanyl is a medically trained chronic myofascial pain and fibromyalgia researcher and educator, as well as a patient with both of these conditions. She has provided chronic pain education and support to thousands of patients and care providers around the world for decades. John Sharkey is a physiologist with more than twenty-seven years of anatomy experience, and the director of a myofascial pain facility. Together they have written a comprehensive reference to trigger point treatment to help patients with fibromyalgia, myofascial pain, and many other conditions. This guide will be useful for all types of doctors, nurses, therapists, bodyworkers, and lay people, facilitating communication between care providers and patients and empowering patients who now struggle with all kinds of misunderstood and unexplained symptoms. Part 1 explains what trigger points are and how they generate symptoms, refer pain and

other symptoms to other parts of the body, and create a downward spiral of dysfunction. The authors look at the interconnection between fibromyalgia and myofascial trigger points and their possible causes and symptoms; identify stressors that perpetuate trigger points such as poor posture, poor breathing habits, nutritional inadequacies, lack of sleep, and environmental and psychological factors; and provide a list of over one hundred pain symptoms and their most common corresponding trigger point sources. Part 2 describes the sites of trigger points and their referral patterns within each region of the body, and provides pain relief solutions for fibromyalgia and trigger point patients and others with debilitating symptoms. Pain treatment plans include both self-help remedies for the patient—stretching or postural exercises, self-massage techniques and prevention strategies—as well as diagnostic and treatment hints for care providers. Part 3 offers guidance for both patients and care providers in history taking, examination, and palpation skills, as well as treatment options. It offers a vision for the future that includes early assessment, adequate medical training, prevention of fibromyalgia and osteoarthritis, changes to chronic pain management and possible solutions to the health care crisis, and a healthier version of our middle age and golden years, asserting that patients have a vital role to play in the management of their own health. From the Trade Paperback edition.

The updated edition of this authoritative, best-selling reference guide offers a comprehensive introduction to the muscular system—now with additional material on the anatomy of the body area, nerve pathways, and pelvic floor muscles. This newly revised fourth edition of *The Concise Book of Muscles* is a comprehensive guide to the major muscle groups. Easy to use and fully illustrated with more than 500 drawings, this compact reference

provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action, the movements that use it, and, where appropriate, exercises that stretch and strengthen it. The book's distinctive quick-reference format shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. Each muscle chapter now includes an overview of the gross anatomy of the body area to show bony landmarks, cross-sections of muscle layers, and points of attachment as well as a quick reference table and an overview of the nerve pathways that are most relevant. The book also includes a new chapter on the pelvic floor muscles—of particular interest to those studying or practicing yoga and Pilates. While designed for the student and beginning practitioner of anatomy, massage, bodywork, physical therapy, chiropractic medicine, physiotherapy, yoga, and Pilates or any other health-related field, *The Concise Book of Muscles* is equally useful for athletes and anyone interested in the workings of the human body.

This book examines a special topic, JMMT. Emphasis is on the etiology of trigger points with a critical overview of current concepts. The contributing authors are the most respected myofascial pain research and practice experts. The authors address the etiology of trigger points, the epidemiology of myofascial pain, clinical management of patients, specific treatment issues, and the role of trigger points in various pain syndromes.

This new work by a renowned massage author takes a close look at palpation of muscle and bone, and includes content related topics including trigger points with their pain referral patterns, stretching, and body mechanics. The DVD features video demonstrations of palpation of all muscles. Illustrations.