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### 409 - CABRERA JASE

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.

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.

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities in the Hands on Guides for Therapists series, ensuring therapists incorporate all of their skills to the greatest effect for their clients. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue, including the component of position of ease felt in the fascial drag, enhance the therapist's palpation skills. The therapist learns how to apply the best approach--cross-hand releases, longitudinal plane releases, compression releases, and transverse plane releases--on specific injuries or issues and how to combine techniques to maximize their effectiveness. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release provides an entire therapeutic approach as opposed to just the hands-on application that most books offer. Special features make this resource more effective and efficient for readers: • Full-color photos present a strong visual guide to employing each technique safely. • The photo index reference tool quickly points readers to the desired technique. • Therapist tips provide practical comments on applying the techniques. • Client talk boxes share the author's experiences and insights on common situations. • Quick Questions at the end of each chapter test readers' knowledge of material. Finally, the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling. It covers the client consultation process, checking for contraindications and performing the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will come away from Myofascial Release with a holistic understanding of the approach and how to apply the principles to their practice. Myofascial Release is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill. "Fascial release for structural balance is a fully illustrated introductory guide to structural anatomy and fascial release therapy"--Provided by publisher.

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.

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, cogni-

tive 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.

"Trigger points--tender, painful knots that develop in muscles and tissues--are a common cause of chronic pain. With more than a quarter of all Americans suffering from various types of daily chronic pain, it's estimated that these hyper-irritated hardened masses are the primary cause of pain 75 percent of the time. Sustained self-treatment is by far the most effective trigger point therapy. Pain Relief with Trigger Point Self-Help helps you understand and then treat your condition, leading to rapid, effective, and lasting pain relief. With full-color photos and illustrations throughout, it explains the physiology of trigger points and teaches you how to: Locate your trigger points and understand "referred pain" Prevent trigger points from forming by making simple lifestyle changes, practicing proper body mechanics, and addressing nutritional deficiencies Treat trigger points by applying pressure and doing simple stretches. Understand common pain conditions for each area of the body Written for anyone wishing to successfully treat his or her own pain, the book is also an invaluable reference for any health-care provider whose patients suffer from either chronic or acute pain."-- Publisher.

This book is approved for SHRM recertification credit. With the gap between the home and the workplace closing, it's clear that good leadership and mental health at work go hand-in-hand: how you set the tone in your organization is critical. This engaging and practical book is for any employee, manager or leader who wants to understand mental health at a deeper level to foster inclusive workplace conversations. Taking a realistic approach, through research, stories of lived experience and applied techniques that anyone can use, the book includes information on: How we bring our beliefs and experiences around mental health and mental illness into the workplace The importance of understanding how the language we use, consciously or unconsciously, impacts us Ways to manage the challenges around having mental health conversations at work 'How-to' conversation guides Concrete tips on ways to action this education individually or at a team level After reading this book, you'll feel empowered and equipped to have constructive, meaningful conversations about mental health in your workplace The Society of Human Resources Management (SHRM) is the largest and oldest governing body for human resources professionals in the US.

"If I tell you the truth, if I tell it with a story, and if I tell that story with pictures, I can keep you glued to your seat. Let me show you how." For the vast majority of us, giving a presentation is an extremely difficult and nerve-wracking process, whether we're in a one-on-one meeting, a conference room with a dozen strangers, or a lecture hall in front of thousands. But according to Dan Roam, the visual communications expert and acclaimed author of *The Back of the Napkin*, it doesn't have to be so hard. We struggle when we forget the basic steps we learned in kindergarten: show and tell. In this short but powerful book, Roam introduces a new set of tools for making extraordinary presentations in any setting. He also draws on ideas he's been honing for more than two decades, as an award-winning presenter who has brought his whiteboard everywhere from Fortune 500 companies to tiny startups to the White House. Even if you're already a good speaker, you'll learn more about understanding your audience, organizing your content, building a clear storyline, creating effective visuals, and channeling your fear into fun. And you'll master three fundamental rules: • When we tell the truth, we connect with our audience, we become passionate, and we find self-confidence. • When we tell a story, we make complex concepts clear, we make ideas unforgettable, and we include everyone. • When we use pictures, people see exactly what we mean, we captivate our audience's mind, and we banish boredom. From nailing the opening to leaving a lasting impression, you'll soon be able to give the performance of a lifetime . . . time after time. PLEASE NOTE: This eBook edition of SHOW AND TELL is carefully laid out to match the print book; this means it reads much better as designed pages, but you won't be able to use some features such as highlighting and annotating text.

The academy is in crisis. Students call for speakers to be banned, books to be slapped with trigger warnings and university to be a Safe Space, free of offensive words or upsetting ideas. But as tempting as it is to write off intolerant students as a generational blip, or a science experiment gone wrong, they've been getting their ideas from somewhere. Bringing together leading journalists, academics and agitators from the US and UK, *Unsafe Space* is a wake-up call. From the war on lad culture to the clampdown on climate sceptics, we need to resist all attempts to curtail free speech on

campus. But society also needs to take a long, hard look at itself. Our inability to stick up for our founding, liberal values, to insist that the free exchange of ideas should always be a risky business, has eroded free speech from within.

This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Bodywork DVD includes video demonstrations of massage techniques from the book.

A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect table-side reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable. Because Sharkey explains why so many people have unresolved chronic pain and provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers.

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.

A protege of trigger-point-therapy founders Janet Travell and David Simons presents the first in her series of comprehensive manuals, designed to provide relief from muscle pain using both trigger-point massage and other never-before-published techniques developed by Travell and Simons. Original.

This textbook for students and clinicians describes the techniques of trigger point and myofascial therapy. The authors, both practicing myofascial therapists, begin with a discussion of the theory of myofascial disorders, including a review of basic muscle and nerve physiology. In the main part of the text, two-page entries are devoted to individual muscles. Each entry includes anatomical information and a brief description of techniques to be used. On the facing pages are color photographs of Rizopoulos demonstrating the trigger point therapy, myofascial stretches, and home exercise techniques for that muscle. c. Book News Inc.

A powerful, vibrant novel about the life-changing weekend shared between two strangers, from the award-winning writer Roxane Gay calls "a consummate storyteller." On a rainy October night in Kentucky, recently divorced therapist Tallie Clark is on her way home from work when she spots a man precariously standing at the edge of a bridge. Without a second thought, Tallie pulls over and jumps out of the car into the pouring rain. She convinces the man to join her for a cup of coffee, and he eventually agrees to come back to her house, where he finally shares his name: Emmett. Over the course of the emotionally charged weekend that follows, Tallie makes it her mission to provide a safe space for Emmett, though she hesitates to confess that this is also her day job. What she doesn't realize is that Emmett isn't the only one who needs healing—and they both are harboring secrets. Alternating between Tallie and Emmett's perspectives as they inch closer to the truth of what brought Emmett to the bridge's edge—as well as the hard truths Tallie has been grappling with since her marriage ended—This Close to Okay is an uplifting, cathartic story about chance encounters, hope found in unlikely moments, and the subtle magic of human connection. Longlisted for the 2022 Mark Twain American Voice in Literature Award Longlisted for the Goodreads Choice Awards Book of the Month December Pick Good Housekeeping Book Club February Pick Marie Claire Book Club March Pick Most Anticipated by Elle, Today (according to Goodreads), The Millions, She Reads, and Real Simple Recommended by Refinery29, Shondaland, Oprah Daily, Washington Post, Glamour, Cosmopolitan, Electric Literature, Bookriot, Parade, Harper's Bazaar, and more

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

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

Bestselling author and world-renowned executive coach Marshall Goldsmith examines the environmental and psychological triggers that can derail us at work and in life. Do you ever find that you are not the patient, compassionate problem solver you believe yourself to be? Are you surprised at how irritated or flustered the normally unflappable you becomes in the presence of a specific colleague at work? Have you ever felt your temper accelerate from zero to sixty when another driver cuts you off in traffic? Our reactions don't occur in a vacuum. They are usually the result of unappreciated triggers in our environment—the people and situations that lure us into behaving in a manner diametrically opposed to the colleague, partner, parent, or friend we imagine ourselves to be. These triggers are constant and relentless and omnipresent. So often the environment seems to be outside our control. Even if that is true, as Goldsmith points out, we have a choice in how we respond. In Triggers, his most powerful and insightful book yet, Goldsmith shows how we can overcome the trigger points in our lives, and enact meaningful and lasting change. Goldsmith offers a simple "magic bullet" solution in the form of daily self-monitoring, hinging around what he calls "active" questions. These are questions that measure our effort, not our results. There's a difference between achieving and trying; we can't always achieve a desired result, but anyone can try. In the course of Triggers, Goldsmith details the six "engaging questions" that can help us take responsibility for our efforts to improve and help us recognize when we fall short. Filled with revealing and illuminating stories from his work with some of the most successful chief executives and power brokers in the business world, Goldsmith offers a personal playbook on how to achieve change in our lives, make it stick, and become the person we want to be.

This book synthesizes the current research on headache triggers and details how improving the measurement properties of trigger assessments can benefit clinical and research efforts. The book begins with a detailed exploration of the history of triggers and their use in attempts to assign causes to headache attacks. Subsequent chapters then expound on the existing schools of thought on headache triggers with discussions of understudied influences on the causal assignment process, such as the role of individual trigger beliefs and perceptions. After laying this groundwork, the practical application of trigger assessment is thoroughly detailed, including assessment design types and methods of analysis. Chapters then outline the applications of trigger assessment in research and clinical practice. To conclude, the book relays descriptions of future directions and evolving theories in the area. Concise and comprehensive, Assessing Headache Triggers is an invaluable resource for clinicians who treat patients and investigators who aim to improve the lives of individuals with headache through their research.

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.

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.

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.

"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.

This complete guide to treating patients with sacroiliac joint dysfunction, or piriformis syndrome, combines multiple techniques—rather than the usual single approach—to get quicker and more resilient results. Focusing on the practical application of skills acquired in twenty years of treating elite athletes, Paula Clayton provides a comprehensive guide to the latest discussions of the therapeutic handling of fascial tissue, dry needling, instrument-assisted soft-tissue manipulation, and dynamic taping. Presenting material formerly unavailable in one volume, this book provides evidence-based information on fundamental principles that enable practitioners to map approaches to dysfunction and injury before attempting hands-on treatments. Superbly designed for ease of use and supported with full-color illustrations that clarify and complement the text, this book puts decades of experience and research at readers' fingertips, expanding their ability to both improve their practice and educate their patients.

Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture. It includes: · Comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns · Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques · Dedicated section on the acupuncture treatment of tendinopathy · Vital information on palpation and correct needling techniques · Practical guidance on best practice, safety and treatment planning · Overviews of the history and key principles of Traditional Chinese medicine and acupuncture · Up-to-date research on the effect of acupuncture in the treatment of MSK conditions, myofascial pain, trigger points (MTrPS), fascia and pain. The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health professionals incorporating, or looking to incorporate dry needling into their treatment programme, will also find this book an invaluable resource.

Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles. Trigger points are hyperirritable spots in skeletal muscle. These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and, when compressed, elicit referred pain, local tenderness or a twitch response. This full-color guide helps you quickly find and treat trigger points in your clients by identifying: Common location of a trigger point in a particular muscle belly Possible causes of trigger points Symptoms and Indications Pain Patterns Associated Trigger Points Differential Diagnoses This concise reference supports manual therapists familiar with Trigger Point therapy, quickly putting trigger points at their fingertips. For those wishing to learn the fundamentals of Trigger Point therapy or study the subject in greater depth, a list of recommended texts is provided. Students and practitioners will value the quality illustrations and easy access to this practical information. 115 pages, 210 images.

Concise and Abridged Edition In this blistering polemic, veteran journalist Mick Hume presents an uncompromising defence of freedom of expression, which he argues is threatened in the West, not by jackbooted censorship but by a creeping culture of conformism and You-Can't-Say-That.

"A manual teaching the techniques of neuromuscular therapy (NMT), and how to combine it with medical exercise interventions, for the treatment of soft tissue pain and injury"--Provided by publisher.

...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.

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 concise, but thorough text covers both the theory and current practice of fibromyalgia and myofascial pain management. It provides practical, step-by-step descriptions of both traditional and state-of-the-art approaches to trigger point injections and nerve blocks, accompanied by clear diagrams that illustrate pain patterns, muscle anatomy, patient positioning, and more. An interdisciplinary approach draws on the knowledge and expertise of authorities in the fields of rheumatology, psychiatry, orthopedic surgery, psychology, endocrinology, physical therapy, dentistry, ergonomic engineering, and anesthesiology. Diagnosis and treatment of fibromyalgia. The metabolic and en-

docrine causes of muscle pain. Treatment of neck and back pain and repetitive stress injuries. Alternative and complementary approaches to treating muscle pain and chronic pain. New diagnostic and injection techniques for myofascial pain, fibromyalgia, and trigger points. Nerve block therapy for myofascial pain. Diagnosis of musculoskeletal pain in children. Facial pain management. Five brand-new chapters (See the Table of Contents.) The role of physical therapy, including electrical modalities, massage techniques, manual therapy techniques, body mechanics, and ergonomics.

A Professional and Self-Help Manual. 3rd edition.

AN AMAZON BEST BOOK OF THE MONTH. For readers of Room and The Glass Castle, an astonishing memoir of one woman rising above an unimaginable childhood. Maude Julien's parents were fanatics who believed it was their sacred duty to turn her into the ultimate survivor--raising her in isolation, tyrannizing her childhood and subjecting her to endless drills designed to "eliminate weakness." Maude learned to hold an electric fence for minutes without flinching, and to sit perfectly still in a rat-infested cellar all night long (her mother sewed bells onto her clothes that would give her away if she moved). She endured a life without heat, hot water, adequate food, friendship, or any kind of affectionate treatment. But Maude's parents could not rule her inner life. Befriending the animals on the lonely estate as well as the characters in the novels she read in secret, young Maude nurtured in herself the compassion and love that her parents forbid as weak. And when, after more than a decade, an outsider managed to penetrate her family's paranoid world, Maude seized her opportunity. By turns horrifying and magical, *The Only Girl in the World* is a story that will grip you from the first page and leave you spellbound, a chilling exploration of psychological control that ends with a glorious escape.

A clear, simple guide for students of anatomy as well as an excellent resource for athletes, massage therapists, and anyone interested in the workings of the human body, this user-friendly book is organized around six muscle groups. They include muscles of the face head, and neck; the trunk; the shoulder and upper arm; the forearm and hand; the hip and thigh; and the leg and foot. Each of the groups is given a distinctive color to make it easy to identify, and each muscle is shown in its relationship to the skeleton. Each gets a complete profile, including origin/insertion, action of the muscle, which nerve controls it, movements that use it, and exercises and stretches that strengthen it. The Concise Book of Muscles 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. This expanded edition of a leading anatomy reference book includes 20 muscles not previously covered, adding greater depth to the original edition while remaining accessible and affordable.

This book, *Acupuncture for Orofacial Pain and Dentistry*, will be a reference for assessment and treatment planning in the clinic, and will be a clear and concise handbook for students and practitioners of acupuncture for orofacial pain and dentistry. Acupuncture is an increasingly utilized treatment option for myofascial pain in the United States. According to the 2007 National Health Interview Survey (NHIS), which included a comprehensive survey of complementary and alternative medicine use by Americans, an estimated 3.1 million adults and 150,000 children had used acupuncture in the previous year. Trigger point therapy has been an accepted part of treatment for orofacial pain for decades. Dry needling is now extensively practiced. Acupuncture and trigger point therapy or dry needling are similar. This book, available in color soft cover and ebook formats, will include: -Comprehensive medical illustrations demonstrating acupuncture point locations and indications for specific diagnoses. -Easy to follow instructions, photographs, and video links demonstrating acupuncture needling points and acupuncture techniques.

This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence. More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations.

"Repetitive strain injuries to the arm, wrist, and hand areas affect approximately 27 million people each year. Carpal tunnel syndrome, tennis elbow, Dupuytren's contracture, and other conditions can be caused by reduced blood flow to certain portions of arm muscles that results in knots in the tissue. These trigger points can cause pain at the site of the reduced blood flow or refer pain to other areas of the body. Trigger Point Therapy for Repetitive Strain Injury is a complete manual to finding and treating these trigger points at home for reduced pain and increased wrist, arm, and hand mobility. By simply applying pressure and regularly practicing simple stretches and exercises, readers can eliminate trigger points and greatly reduce their repetitive strain injury symptoms"--

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.