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# The Trigger Point Therapy Workbook Your Self Treatment Guide For Pain Relief Clair Davies

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Informed Touch

Trigger Point Therapy for Low Back Pain

The Trigger Point Therapy Workbook

Myofascial Trigger Points

Trigger Point Self-Care Manual

Trigger Point Therapy Routine for Tmj

The Trigger Point Therapy Workbook

The Concise Book of Trigger Points, Third Edition

The Trigger Point Therapy Workbook

Trigger Point Therapy Made Simple

Frozen Shoulder Workbook

Trigger Point Therapy for Myofascial Pain

The Manual of Trigger Point and Myofascial Therapy  
The Concise Book of Trigger Points  
The Concise Book of Trigger Points  
The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching  
The trigger point therapy workbook  
Muscle Pain: Diagnosis and Treatment  
Understand Trigger Point Therapy  
The Trigger Point Therapy Workbook  
Trigger Point Therapy Workbook for Upper Back and Neck Pain: (second Edition)  
Trigger Point Therapy for Headaches & Migraines  
Trigger Point Therapy with the Foam Roller  
Trail Guide to the Body's Quick Reference to Trigger Points  
The Trigger Point Therapy Workbook  
Know About Trigger Point Therapy  
Trigger Point Therapy Workbook  
The Manual of Trigger Point and Myofascial Therapy  
Trigger Point Therapy for Repetitive Strain Injury  
Soft Tissue and Trigger Point Release  
Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain

The Trigger Point Therapy Workbook  
Healing through Trigger Point Therapy  
Massage and Manual Therapy for Orthopedic Conditions  
Illustrated Encyclopedia of Healing Remedies  
Easy With Trigger Point Therapy  
The War on Pain  
Trigger Point Therapy Workbook for Lower Arm Pain  
The Concise Book of Neuromuscular Therapy  
Myofascial Pain and Dysfunction

*The Trigger Point  
Therapy Workbook Your  
Self Treatment Guide  
For Pain Relief Clair  
Davies*

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**HUERTA MALDONADO**

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*Informed Touch* Sourcebooks, Inc.  
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.

*Trigger Point Therapy for Low Back Pain*

Lippincott Williams & Wilkins

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.

[The Trigger Point Therapy Workbook](#)

### Human Kinetics

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.

### **Myofascial Trigger Points** New Harbinger Publications

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

**Trigger Point Self-Care Manual**  
Harper Collins

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. Written in a straightforward style, The Concise Book of Trigger Points is 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. The first four chapters describe the

physiology of trigger points and the general methods of treatment. The following six chapters are organized by muscle groups; each two-page spread features detailed color illustrations of each major skeletal muscle, accompanied by an explanation of each muscle’s origin, insertion, action, and function. The physiological implications of the trigger points in each muscle are discussed, along with treatment techniques. This edition contains updated text and a self-help section addressing common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome.

Trigger Point Therapy Routine for Tmj  
Springer Science & Business Media  
Trigger points or muscle "knots" are sore

spots in soft tissue that cause deep aching. Myofascial pain syndrome is a chronic pain disorder with too many trigger points. TrPs are usually described as micro-cramps, but the science is half-baked and their nature is controversial. Regardless, these sore spots are as common as pimples, often alarmingly fierce, and they seem to grow like weeds around injuries. They may be a major factor in back and neck pain, as a cause, a complication, or a bit of both. This book may give you: Understand Trigger Point Therapy: Trigger Point Therapy Workbook Easy With Trigger Point Therapy: Relieve Pain Know About Trigger Point Therapy: Massagers And Manual Back Massagers To Relieve Pain [The Trigger Point Therapy Workbook](#) Jones & Bartlett Learning

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.

**The Concise Book of Trigger Points, Third Edition** New Harbinger Publications

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 Finando 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.

The Trigger Point Therapy Workbook  
Simon and Schuster

75% of pain is caused by trigger points, but are drastically under-diagnosed as the source of pain. Trigger points may refer pain both in the local area and/or to other areas of the body, but since over 74% of trigger points are not located in

the area where you feel pain, treating the local area does not resolve the problem most of the time.

Trigger Point Therapy Made Simple

Balboa Press

In this book, you will learn techniques to relieve pain and tension associated with TMJ. This quick reference guide will help you evaluate your pain. You will learn: • basic anatomy • massage techniques for self-treatment • trigger points and referral patterns • which muscles contribute to clenching, grinding and misalignment of the teeth • how the mind-body connection drives pain levels  
Anyone willing to change their present situation can learn these techniques.

This book was written especially for you!

Frozen Shoulder Workbook Taylor & Francis

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.

**Trigger Point Therapy for Myofascial Pain** North Atlantic Books

If you are one of the 45 million Americans suffering from chronic pain, you've most likely seen numerous doctors and tried a wide range of medicines and treatments, only to alleviate your pain. You've probably come to believe that there's nothing to be done and that your chronic pain, is, well, chronic. Now, in a groundbreaking contribution, Dr. Scott Fishman

introduces an interdisciplinary pain-management approach that integrates traditional and alternative techniques including pharmacology, neuroscience, experimental procedures and mind-body medicine. For anyone who suffers from chronic pain conditions such as back pain, post-surgical pain, migraines, and arthritis, *The War on Pain*, with the latest research personal stories of patients, and the wise and compassionate advice of a leading pain expert, is a patient's best defense.

The Manual of Trigger Point and Myofascial Therapy New Harbinger Publications

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.

*The Concise Book of Trigger Points* North Atlantic Books

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 Concise Book of Trigger Points* North Atlantic Books

"This new edition of the bestselling Trigger Point Therapy Workbook outlines user-friendly and updated methods of self-massage to help relieve pain. This edition also contains new techniques, drawings, and tips to help readers find and treat trigger points"--

**The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching** Ulysses Press  
13 Tips to Make Self-Help Therapy Work for You Can you perform therapy on yourself? An explosion of knowledge from research and practice tells us that

pain is not what it seems this book will help you on multiple levels since that is so often what is needed to end the cycle of pain and make rehabilitation fully accessible.

The trigger point therapy workbook  
North Atlantic Books

...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.

*Muscle Pain: Diagnosis and Treatment*  
Jones & Bartlett Learning

This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage

therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area. The Second Edition also includes detailed assessment for each body region, discusses common lesions, and provides illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury.

### **Understand Trigger Point Therapy**

North Atlantic Books

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.

### **The Trigger Point Therapy**

**Workbook** Simon and Schuster

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.