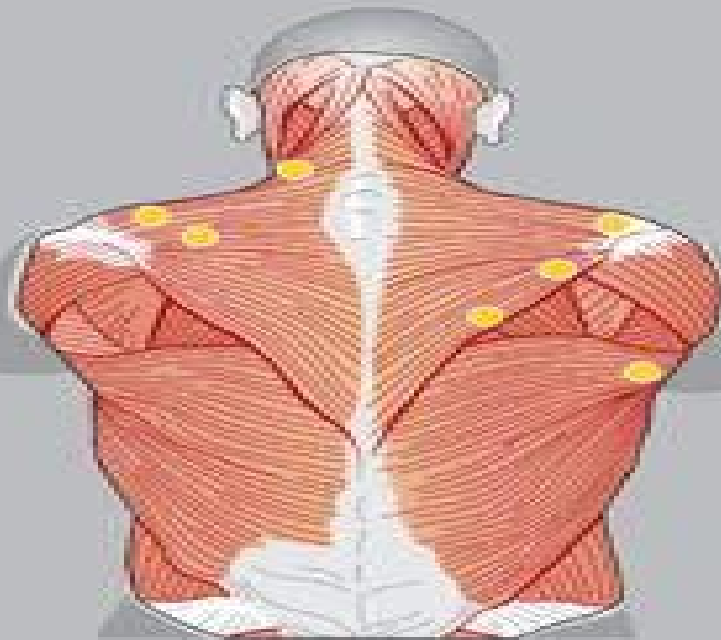




Complementary  
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# Trigger Points and Muscle Chains in Osteopathy

Philipp Richter  
Eric Hebgen



Thieme

# Trigger Points And Muscle Chains In Osteopathy Complementary Medicine Thieme Hardcover

**Philipp Richter, Eric Hebgen**



## **Trigger Points And Muscle Chains In Osteopathy Complementary Medicine Thieme Hardcover:**

**Trigger Points and Muscle Chains** Philipp Richter, Eric Hebgen, 2019-01-07 Relief for your patients with musculoskeletal pain This unique guide takes an in depth look at trigger point therapy Divided into two sections Functional Muscle Chains and Trigger Points and Their Treatment this book combines detailed theory with tried and practical techniques The text covers the basics of functional muscle chains and the origin of myofascial pain arising from the musculoskeletal system for example due to poor posture The reader will learn how various stretching exercises augment the myofascial therapy methods Anatomic drawings and liberal use of photographs in this book will help the reader to localize the trigger points and the associated pain areas Praise for the first edition The information is brief but to the point there is little wasted space so that the book is packed with information that can immediately be put into action Doody's Review Key Features Various models of muscle chains introduced and described Detailed explanations of trigger points and their treatment New chapters about posture and influence of gravity as well 46 new and redrawn illustrations now totaling approximately 300 included in this new edition Ticklish and erogenous zones mapped out to help prevent unintended side effects of treatment **Trigger Points and Muscle Chains** second edition is an essential tool for osteopaths physical therapists and all practitioners involved in pain therapy **Trigger Points and Muscle Chains in Osteopathy** Philipp Richter, Eric U. Hebgen, 2011-01-01 Effective trigger point therapy This unique guide takes an in depth look at trigger point therapy Split into two sections it combines detailed theory with practical techniques You will find comprehensive information on a broad spectrum of topics such as myofascial chains the craniosacral model and the classification diagnosis and therapy of trigger points Highlights Different models of muscle chains Detailed explanations of trigger points and their treatment Over 260 instructive illustrations and high quality photographs Featuring input from various different specialties this outstanding book is an essential tool for osteopaths physiotherapists chiropractors using trigger point therapy and all others working in pain therapy A clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills The result accurate and effective pain therapy **Trigger Points and Muscle Chains**, **Триггерные точки и мышечные цепи в остеопатии** Philipp Richter, Eric Hebgen, 2015 *Manual Trigger Point Therapy* Roland Gautschi, 2019-04-12 Treating pain where it originates Manual trigger point therapy combines mechanical reflex biochemical energetic functional cognitive emotional and behaviorally effective phenomena As such it influences not only peripheral nociceptive pain but also intervenes in the body's pain processing and transmission mechanisms Here you will learn a systematic manual therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction how to treat the accompanying fascial disorders and how to prevent recurrences Key Features Clinical background of myofascial pain and dysfunction Muscles trigger points and pain patterns at a glance Neuromuscular entrapments shown in detail Screening tests and pain guides for all common clinical patterns Manual treatment of trigger points and fasciae **Manual Trigger Point Therapy** is your one stop

comprehensive introduction to this fascinating proven technique Watch a special video preview of Manual Trigger Point Therapy here      *The Pocket Atlas of Trigger Points* Simeon Niel-Asher,2023-09-19 A simple go to guide to treating chronic pain with trigger point therapy for physical therapists bodyworkers and patients From the bestselling author of *The Concise Book of Trigger Points* This pocket sized guide covers practical information about the trigger points the painful knots that can form in tissues like muscles and fascia that are central to addressing chronic pain with massage bodywork and physical therapy Full color illustrations and charts help practitioners students and patients identify trigger points and address referred pain patterns with ease The first chapter introduces relevant information on fascia and myofascial meridians and provides an overview of trigger point symptoms classification and formation Subsequent chapters are organized by muscle group and feature concise yet comprehensive sections on each of the main skeletal muscles and their trigger points Conditions that commonly occur in the general population such as headaches and back pain are explored for all of the muscle groups including the muscles of the Face head and neck Trunk and spine Shoulder and arm Forearm and hand Hip and thigh Leg and foot Written in clear accessible language this go to guide offers a wealth of knowledge to the lay reader the student or the practitioner      *The Concise Book of Trigger Points, Third Edition* Simeon Niel-Asher,2014-09-16 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     **Acupuncture, trigger points and musculoskeletal pain : a scientific approach to acupuncture for use by doctors and physiotherapists in the diagnosis and management of myofascial trigger point pain** Peter. Baldry,2005

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