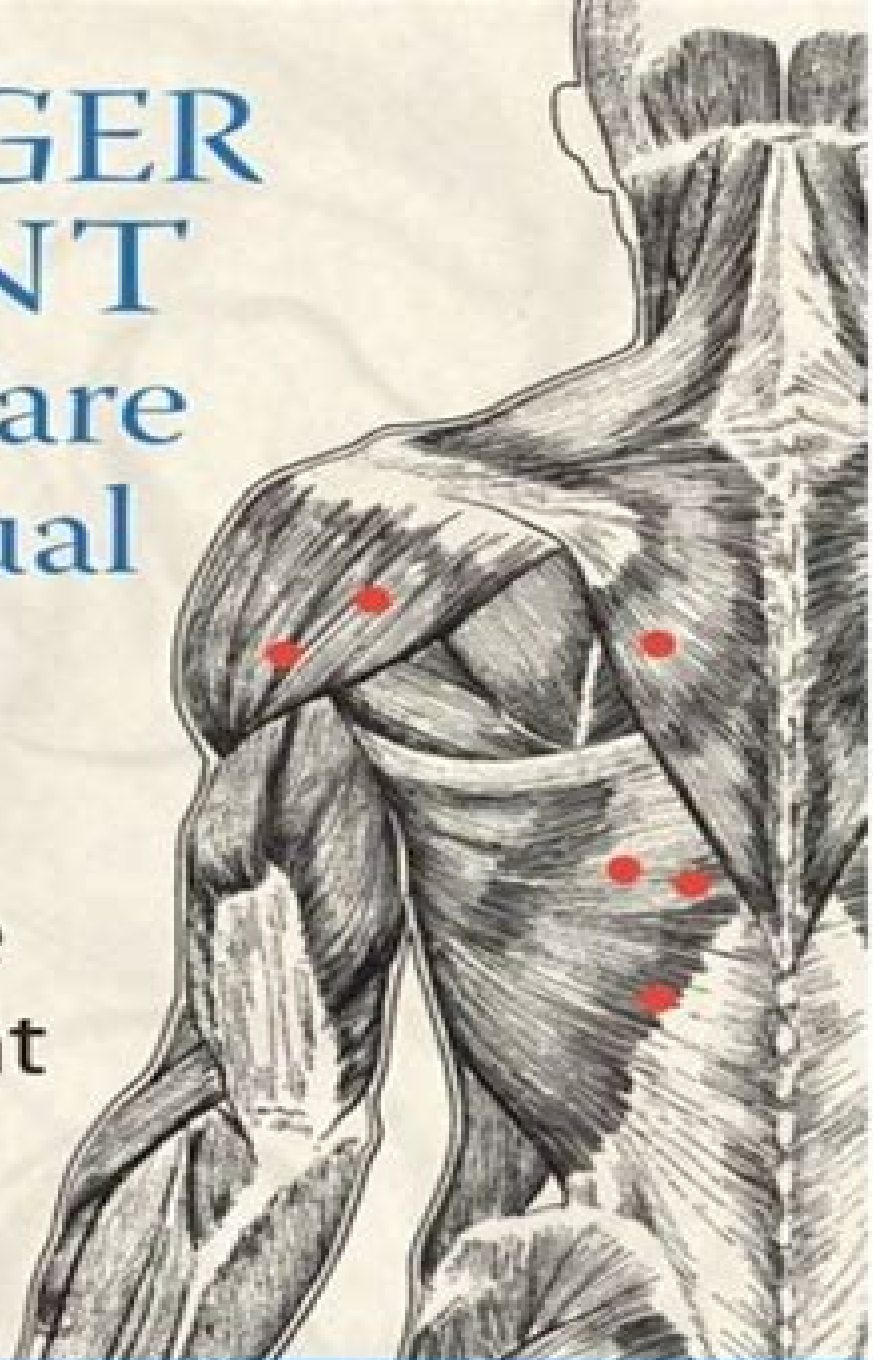


# TRIGGER POINT Self-Care Manual

For  
Pain-Free  
Movement



DONNA FINANDO, L.Ac., L.M.T.

# **Trigger Point Self Care Manual For Pain Free Movement**

**Cathy Thompson, Tara Thompson Lewis**



### **Trigger Point Self Care Manual For Pain Free Movement:**

Trigger Point Self-Care Manual Donna Finando, 2005-11-08 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

Trigger Point Self-Care Manual Donna Finando, 2005-11-08 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

**Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain** Celeste Cooper, Jeffrey Miller, 2010-02-05 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 Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care

**Applied Kinesiology** Tom Valentine, Carole Valentine, 1985-10-01 A practical and reliable diagnostic tool that has emerged over the past twenty five years kinesiology is the study of the mechanics of bodily motion especially muscle movements and their relationship to our body systems Viewing the body as a balanced triad of structure chemistry and mentality applied kinesiology gauges muscle response to pinpoint underlying physical problems Within 30 minutes a competent kinesiologist can evaluate bodily functions and provide a readout on the workings of the glands organs lymphatic system circulatory and nervous systems circulation and muscle bone structure Applied Kinesiology demonstrates how this technique can be of practical use for everyone **Bottom Line's Health Breakthroughs 2008** Bottom Line, Health Day Staff, 2007 Health Fitness Dieting **Forthcoming Books** Rose Arny, 2001 *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

**Trigger Points** Amanda Oswald, 2019-12-26 New science has revealed the effectiveness of trigger point massage to target pain from migraines to back pain to repetitive strain injury Pain is often referred from other parts of the body By locating and manipulating small contraction points of knotted tissue deep within muscle trigger points pain elsewhere in the body can be dramatically relieved and controlled Here we give you 40 step by step techniques that you can use at home with detailed illustration and reliable expert advice on placement pressure duration and repetition Identify the pain follow the anatomical pain maps to find which trigger points are responsible and locate and massage those trigger points accurately and regularly to experience immediate and long term relief Take control of chronic or recurring pain yourself to achieve life changing results

**Fibromyalgia & Chronic Myofascial Pain** Devin Starlanyl, Mary Ellen Copeland, 2001 A manual for understanding treating and living with Fibromyalgia

**When Movement Hurts** Barbara J. Headley, 1997

[The Manual of Trigger Point and Myofascial Therapy](#) Dimitrios Kostopoulos, Konstantine Rizopoulos, 2024-06-01 The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the evaluation and treatment of Myofascial pain and musculoskeletal dysfunction This user friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome The

research is the most current and up to date available on the pathogenesis of Myofascial dysfunction clinical symptoms physical findings as well as diagnostic criteria Treatment methods and techniques are also covered in a comprehensive and step by step format The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting The muscle page contains a plethora of information for the reader including muscle origin insertion location of trigger points referenced pain patterns myofascial stretching exercises positive stretch signs and biomechanics of injury Extensive full color illustrations and pictures include treatment techniques therapeutic interventions and patient home exercise programs This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment

*The Australian Journal of Physiotherapy* ,1996      **The Trigger Point Therapy Workbook** Clair Davies,Amber Davies,2004      **Pain Relief with Trigger Point Self-Help** Valerie DeLaune,2004-12 75% of pain is caused by trigger points areas of contracted cells in muscle tissue but they are drastically under diagnosed as the source of pain Trigger points may refer pain and other symptoms 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 The most common referral patterns have been well documented and diagrammed over decades of research The home page of this multi media book on Flashdrive has a photo of a body where you can place your computer cursor over your area of pain With a mouse click a drop down list of muscles that may contain trigger points appears By clicking on the muscle chapter links your browser takes you to each pertinent chapter You ll find illustrations of common pain referral patterns that you can compare with where you feel pain and this will help you figure out where the common trigger point causing your pain are located Along with outlining the common symptoms and causes for trigger points for each muscle the author has provided lists of helpful hints for resolving trigger points A written text describes self help techniques and you can click on an icon for a video demonstration The introductory chapters include detailed information on the physiology of trigger points general guidelines for self help techniques and descriptions of therapies that can help resolve trigger points A comprehensive chapter on factors that cause and keep trigger points activated such as nutritional problems illness misfitting furniture sleep problems hormonal imbalances joint misalignments injuries and emotional factors helps you identify things that keep your pain coming back Numerous suggestions help you resolve those factors for lasting relief This state of the art Flashdrive draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 30 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc      Ending Pain Chuck Duff,2022-09-20 Doctors and therapists erroneously view pain as the result of injury or disease Renowned bodywork teacher and pain therapist Chuck Duff discovered that the ineffectiveness of

these beliefs stems from a failure to understand the true origins of pain His Coaching The Body R system recognizes that pain originates in the brain as a response to danger signals from trigger points that feed the brain s innate protective instinct CTB interrupts these peripheral danger signals using highly effective manual therapy techniques to remove trigger points These techniques exploit the brain s neuroplasticity by providing an experience of pain free movement Chuck has taught thousands of manual therapists how to dramatically improve their success rates with even difficult pain cases After decades of teaching Ending Pain makes his revolutionary approach available to a wider audience It also applies CTB principles to self care and movement based therapies such as yoga and corrective exercise

[The Trigger Point Therapy Bible](#) Amelia Hartwell, 2025-08-24 The Trigger Point Therapy Bible The Complete Guide to Healing Muscle Pain and Restoring Mobility Naturally By Amelia Hartwell Are you struggling with chronic muscle pain stiffness or limited mobility Do you experience nagging knots in your shoulders back or legs that never seem to go away no matter how much you stretch or massage them If so the solution may lie in understanding and treating trigger points the hidden culprits behind most muscular pain In The Trigger Point Therapy Bible Amelia Hartwell presents a comprehensive and accessible guide to identifying understanding and releasing these painful points within the body Drawing on both science and practical application this book empowers readers with the knowledge and tools to take control of their pain and restore natural movement without dependence on medication or costly treatments

**What You Will Learn** The Science Behind Trigger Points Gain a clear understanding of what trigger points are how they form and why they are the root cause of referred pain throughout the body Self Treatment Made Simple Step by step instructions and illustrations teach you how to locate and release trigger points safely and effectively from head to toe Pain Mapping Techniques Discover how pain in one part of the body often originates from an entirely different muscle group helping you treat the source not just the symptom Therapy Tools and Methods Explore practical techniques including manual massage pressure application stretching and the use of therapy tools to achieve long lasting relief Integrating Healing into Daily Life Learn corrective exercises posture tips and self care routines to prevent trigger points from returning and to support a pain free lifestyle Unlike many guides that overwhelm readers with complex anatomy or clinical jargon this book is designed to be both professional and approachable Whether you are a health practitioner massage therapist fitness professional or simply someone seeking self care solutions you will find this resource invaluable Amelia Hartwell writes with clarity compassion and authority offering readers a roadmap to healing The book not only provides practical instructions but also fosters an understanding of how the body works encouraging readers to become active participants in their own wellness journey Imagine a life where headaches neck tension back pain or sore legs no longer control your day With the strategies in this guide you will discover that relief is within reach

**Who This Book Is For** Individuals suffering from chronic muscle pain stiffness or tension Athletes trainers and fitness enthusiasts looking to improve recovery and performance Massage therapists chiropractors and physical therapists seeking a reliable reference

tool Anyone interested in natural drug free approaches to managing pain and improving overall mobility With clear illustrations proven methods and easy to follow techniques The Trigger Point Therapy Bible is more than just a guide it is a reference you will return to time and again Take the first step toward reclaiming your comfort strength and freedom of movement     The Trigger Point Therapy Workbook Clair Davies,2001 A specialist in trigger point massage offers the first step by step guide to using this proven method for the self treatment of soft tissue pain including fibromyalgia and repetitive strain accident or sports injuries     *A Little Book of Self Care: Trigger Points* Amanda Oswald,2019-09-10 New science confirms that trigger point massage is one of the most effective ways to relieve pain Trigger Points gives you 40 simple step by step exercises you can safely use at home to target pain from long term debilitating backache or repetitive strain injury to migraines or acute post injury pain Author and leading therapist Amanda Oswald specialises in working with chronic pain conditions In this book she explains how trigger points small tender knots of connective tissue can cause symptoms either around the trigger point itself or referred to elsewhere in the body Pressure and massage can release these knots and bring immediate long lasting relief Identify your pain patterns locate the trigger points responsible using detailed body maps then treat the trigger points accurately and safely Each exercise shows you how to position your body different ways to apply pressure how long to sustain it and how often to repeat the process With Trigger Points you can take control of chronic or recurring pain yourself to achieve life changing results     The Concise Book of Trigger Points Simeon Niel-Asher,2014-08-01 A Professional and Self Help Manual 3rd edition

## Reviewing **Trigger Point Self Care Manual For Pain Free Movement**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Trigger Point Self Care Manual For Pain Free Movement**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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