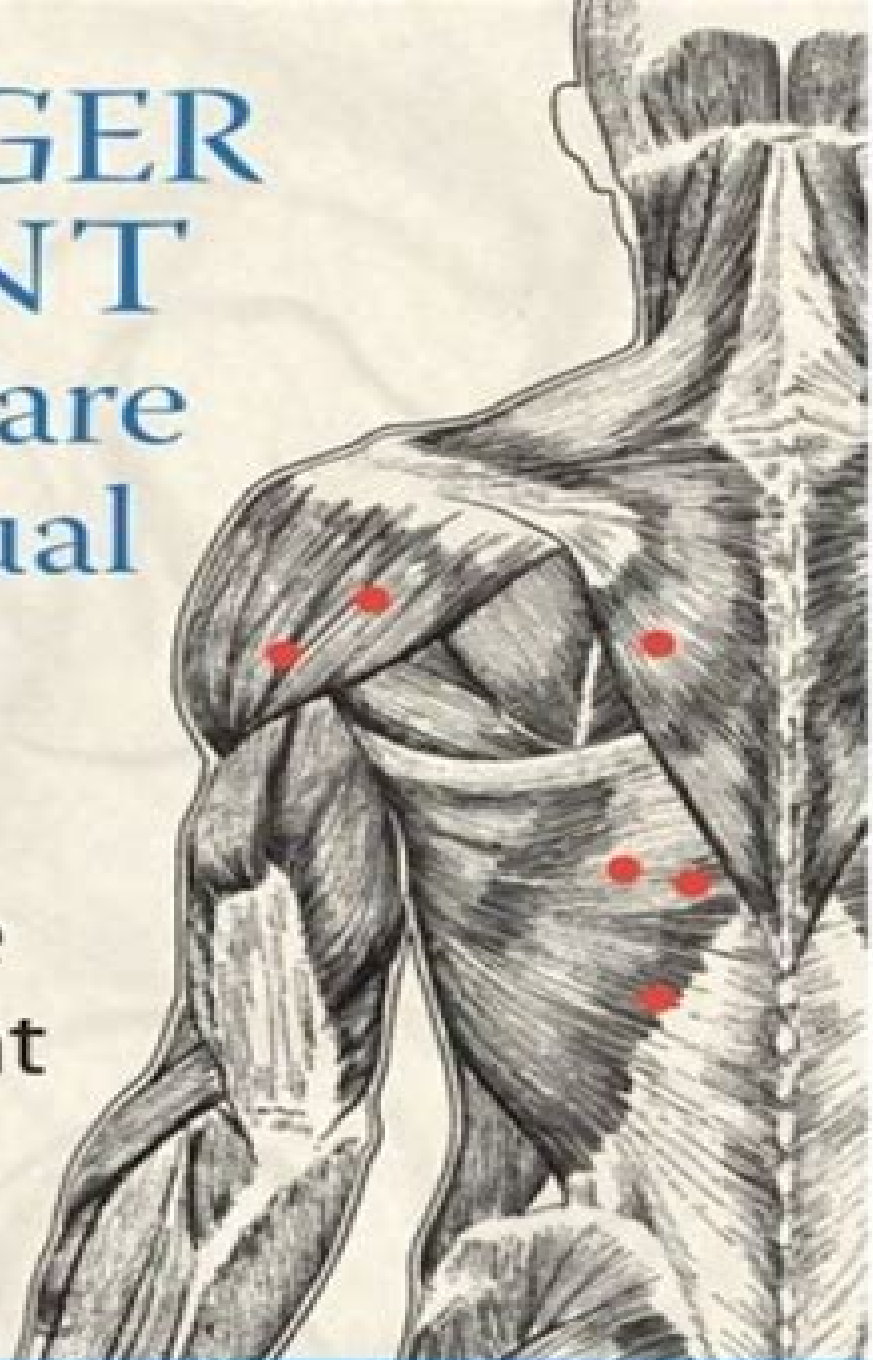


TRIGGER POINT Self-Care Manual

For
Pain-Free
Movement



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

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Joseph E. Muscolino

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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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

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

Crystal and Stone Massage Michael Gienger, 2015-01-24 A full color guide to crystal massage for healing energy balance and stress release in the physical emotional and energetic bodies Illustrates full body massage techniques with crystal wands crystal spheres polished stones and amber Details the healing properties of more than 50 crystals and gemstones and how to select the proper one for a specific condition Explains how to cleanse and recharge crystal gemstone and amber after each massage so energies are not transferred from one person to another In this full color illustrated guide Michael Gienger along with contributors Hildegard Weiss and Ursula Dombrowsky details the energetics and healing properties of more than 50 crystals and gemstones for use in massage The book explains how to select the proper crystal or stone to aid healing of a specific condition as well as for relaxation and stress release It illustrates specific massage techniques with crystal wands crystal spheres and polished stones that best utilize the crystal or stone s properties and shows how to perform a full body massage that works on several levels physical ethereal mental and spiritual depending on how the crystals are applied Explaining how crystals absorb energy and information during a massage the guide shows how to cleanse and recharge their energetic fields so energies are not transferred from one person to another It also details how to rebalance and replenish your own energy after giving a massage The book also includes a detailed chapter on the harmonizing effects of amber massage complete with a step by step illustrated massage sequence Amber s unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body and thus a beneficial addition to any crystal or stone massage practice With this complete illustrated

guide anyone can enhance their massage practice or self healing through the powerful effects of crystals gemstones and amber

Holistic Reflexology Ewald Kliegel, 2018-10-16 A guide to reflexology treatments combined with complementary therapies to restore energetic balance relieve pain and support healing Provides more than 30 full color maps of reflex zone systems from head to toe including the ears mouth tongue fingernails and torso Explains how to incorporate supportive therapies such as essential oils crystal wand massage and visualization to maximize healing Examines the history and evolution of reflexology revealing both its Eastern and Western roots as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies Applying the fundamental principles of reflexology to the entire body he provides more than 30 full color maps of reflex zones from head to toe including reflex zone systems of the ears mouth tongue fingernails and torso The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions including the benefits of crystal massage for post stroke recovery Drawing on international advancements in reflexology including the work of craniosacral reflexologist Martine Faure Alderson Russian researcher Alexander Kachan Chinese biologist Zhang Yingqing and Korean physician Tae Woo Yoo Kliegel examines how to integrate Yin Yang massage strokes metacarpal reflexology techniques Korean Hand treatments and craniosacral massage principles into reflexology treatments to restore energetic balance relieve pain and support healing He outlines specific treatment protocols including holistic reflexology treatments for headache digestive problems and back pain Providing step by step instructions for diagnostic testing he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body Examining the history and evolution of reflexology the author reveals not only the ancient Eastern medical practices that played a role in reflexology s genesis but also its ancient European roots Providing a truly holistic and integrative approach to reflexology Kliegel reveals many different hands on paths to healing that embrace the energetic interconnections of mind and body

The Foundations of Iridology Gustau Pau, 2019-01-15 A complete guide to decoding the iris to reveal health predispositions for prevention and early treatment Details the fundamental reflex signs of iridology and how to identify constitutional strengths and weaknesses in the stroma pigments and capillaries of the eyes as well as read energy patterns in pupil tone Explores the history and development of iridology from the 18th century to today Includes analysis of real case studies with full color photos and illustrations The iris of your eye is a personal and unique identifier that expresses much more about us than we can imagine Through detailed observation of the irises stroma pigments and capillaries you can determine a person s constitutional strengths and weaknesses and gain insight into their genetic predisposition to certain illnesses as well as preventive and treatment options that would be most effective By reading the iris practitioners of natural medicine can interpret the signs

that reveal a client's lifestyle choices and use this knowledge to make enlightened decisions regarding the client's health plan and how to help them realize their full potential. In this full color guide, Gustau Pau, an iridologist with more than 35 years of experience, details the chromatic scale and signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments. He explores the history and development of iridology from Hildegard von Bingen's work on healing to 18th century European scientists including Ignaz von Peczely, the father of modern iridology. He reveals recent iridology developments on identifying genetically inherited physical traits, explaining how individuals can use this insight to make nutritional and lifestyle choices that will offset inherited weaknesses and bolster strengths. Focusing on the digestive system, he shows how the pupillary zone can reveal digestive function and demonstrates how diet is responsible for causing many diseases. The author also explores miasmas in the eyes, includes methods for reading energy patterns in pupil tone, and offers the scientific explanation for the old contention that the eyes are the windows of the soul. Illustrating the fundamental signs that iridologists use for reference, Pau provides sample iridographies and real case studies with photos and diagrams. Explaining how scientific research on the eye has not yet caught up with the innovations of iridology, he shows how the eyes reveal both our internal state and future health and have a much broader role in the body than we are only now just discovering.

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E. Muscolino, 2022-03-25. Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation. The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 3rd Edition, provides an in-depth guide to the art and science of palpation along with clear instructions for massage assessment and treatment techniques. It describes how to palpate, how to stretch, and how to utilize trigger points, preparing you for practice with coverage of ligaments, all major massage strokes, and draping methods, and a thorough chapter on body mechanics. Written by noted lecturer and educator Joseph Muscolino, this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations. Step-by-step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques. UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment with drawings of self-care stretches presented alongside therapist-assisted stretches. General muscle information includes attachments, actions, and a drawing of the individual muscle. Full-color photos and illustrations show palpation of muscles exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated. Illustrations of trigger points and referral patterns make it easier to identify locations, showing where trigger points lie on the muscle and where pain radiates when an injury is felt. Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks. Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes, moving you from theory and assessment to practical application. Case studies in each chapter emphasize critical thinking and clinical reasoning, allowing you to apply your knowledge to the practice setting. Deeper Thoughts

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

The Thompson Method of Bodywork Cathy Thompson,Tara Thompson Lewis,2018-01-16 An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions Includes 90 exercises to work with emotions through the body and support the neck shoulders lower back feet and overall posture as well as breathing and voice Explains how to listen to the body s signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort Draws on Zen shiatsu Roling yoga and Gestalt psychotherapy to explain how transformation of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist the Thompson Method incorporates Zen shiatsu Roling yoga and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain tension and poor alignment In this practical manual Thompson and her prot g daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body They explore how to listen to the body s signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort and explain how transformation of your physical structure can correct imbalances in the unconscious mind caused by repressed memories and emotional traumas Offering illustrated instructions for 90 corrective alignment exercises the authors show how to release body tensions realign the body s dynamic structure work with the deep postural muscles and support the neck shoulders lower back and feet to strengthen the emotional and physical body as well as improve singing dancing yoga and posture while sitting at the computer They also explore breathing and bodywork practices to release the vocal mechanism and free the voice for more fluid and powerful self expression By recognizing and releasing the deeper emotional triggers beneath our physical complaints the Thompson Method allows you to resolve chronic pains increase body awareness and free movement and create the foundation for good health and well being

Overcoming Acute and Chronic Pain Marc S. Micozzi,Sebhia Marie Dibra,2016-12-15 Find the holistic treatment that will work best for you based on your emotional type and specific pain condition Provides an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition Explores mind body treatments for many common pain conditions including arthritis back pain fibromyalgia irritable bowel migraines carpal tunnel and PTSD Reviews the scientific evidence in support of acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Throughout history many healing traditions have focused on analgesia the alleviation of pain an area in which modern medicine provides few options beyond narcotics steroids and surgery For those seeking drug and surgery free alternatives or complements to conventional pain management the choices can be

overwhelming How do you know which method will work for you In this guide to safe and effective natural therapies for acute and chronic pain authors Marc S Micozzi M D Ph D and Sebhia Marie Dibra explain how your emotional boundary style how you react to emotional social environmental and physical stresses affects which complementary treatments will work best for you Providing an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition they explore the effectiveness of mind body treatments for each emotional type and for many common pain disorders including arthritis back pain fibromyalgia irritable bowel ulcer migraine headaches carpal tunnel anxiety PTSD and other chronic pain conditions They review the available research and scientific evidence in support of each therapy suggesting only well established safe and clinically proven alternative treatments such as acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Approaching pain holistically they reveal how pain should be understood as a dynamic condition an interaction between mind and body as well as between patient and therapy and how your emotional type is key to long lasting and successful results

Trigger Point Therapy for Low Back Pain Sharon Sauer, Mary Biancalana, 2010 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

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web nov 2 2018 multiple choice questions can be written at a dok 3 or 4 level however to design a question in this format is difficult an item at dok level 3 or 4 requires complex reasoning strategic and extended thinking about the concepts of the content and a real world context and especially at a level 4 that requires research investigation and

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web sep 4 2014 dok levels are also not developmental all students including the youngest preschoolers are capable of strategic and extended thinking tasks what they look like will differ and what is level 3 to a kindergarten student may be a level 1 task for a middle schooler all students however should have opportunities to do complex reasoning

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web jan 13 2020 3 describe the 7 different types of quadrilaterals along with diagrams 4 discern the derivative of $f(x)$ 5 fill in the blanks with appropriate numbers x 2 3 dok level 3 connect the highlighted points and calculate the areas of all the triangles rectangles and squares that are possible

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web level 3 strategic thinking requires reasoning planning using evidence and a higher level of thinking than the previous two levels in most instances requiring students to explain their thinking is a level 3 activities that require students to make conjectures are also at this level the cognitive demands at level 3 are complex and abstract

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and prompts that ask students to synthesize information from multiple sources or works are great ways to get at level 4 dok skills in multi paragraph work students demonstrate synthesis and analysis of complex ideas or themes

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web dok 3 use information or conceptual knowledge two or more steps etc students have practiced these skills with assistance from kindergarten to second grade and on their own since third grade questions that lie at dok 1 necessitate only memorization and recall and so do not promote

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web if there is a question regarding which of two levels a standard addresses such as level 1 level 2 or level 2 level 3 it is appropriate to assign the highest level as the dok ceiling for the task but also provide opportunities at the lower dok levels as an instructional progression e g summarizing a text dok 2 before

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web dec 15 2016 social studies assessments particularly those written to test the history or economic related standards allow teachers to assess the full range of a student s depth of knowledge dok of the content area considering level 1 through 4 dok question stems for social studies can help teachers better pinpoint student understanding and where

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web aug 8 2022 level 1 dok despite a question s simplicity you can still provide your class with many activities having them finish a range of products depending on the question s purpose students can paraphrase a passage or chapter of a book outline and re iterate the main points of a recent lesson

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web dok 1 recall and reproduce dok 2 basic application of skills and concepts dok 3 strategic reasoning dok 4 extended reasoning the questions you can ask in each strand are easy to

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web dec 3 2019 each column explores one of eight topics rounding adding 3 digit numbers subtracting 3 digit numbers multiplying multiples of ten fractions on a number line multiplying and dividing within 100 operations with time and area and perimeter you ll notice that the first problem in the column is traditional and familiar

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web dok level 4 extended thinking this is the most advanced stage of the depth of knowledge framework and involves students making a significant cognitive effort it encourages students to gather information from multiple resources to solve a specific problem it also motivates them to know the how and why of things

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web 1 how will you plan to use this in your classroom during whole group or small group instruction and why 2 when do you see the need to use dok question level 3 and dok question level 4 in your classroom 3 looking at your content and standard s objectives create 3 4 questions using dok level 3 and dok level 4

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