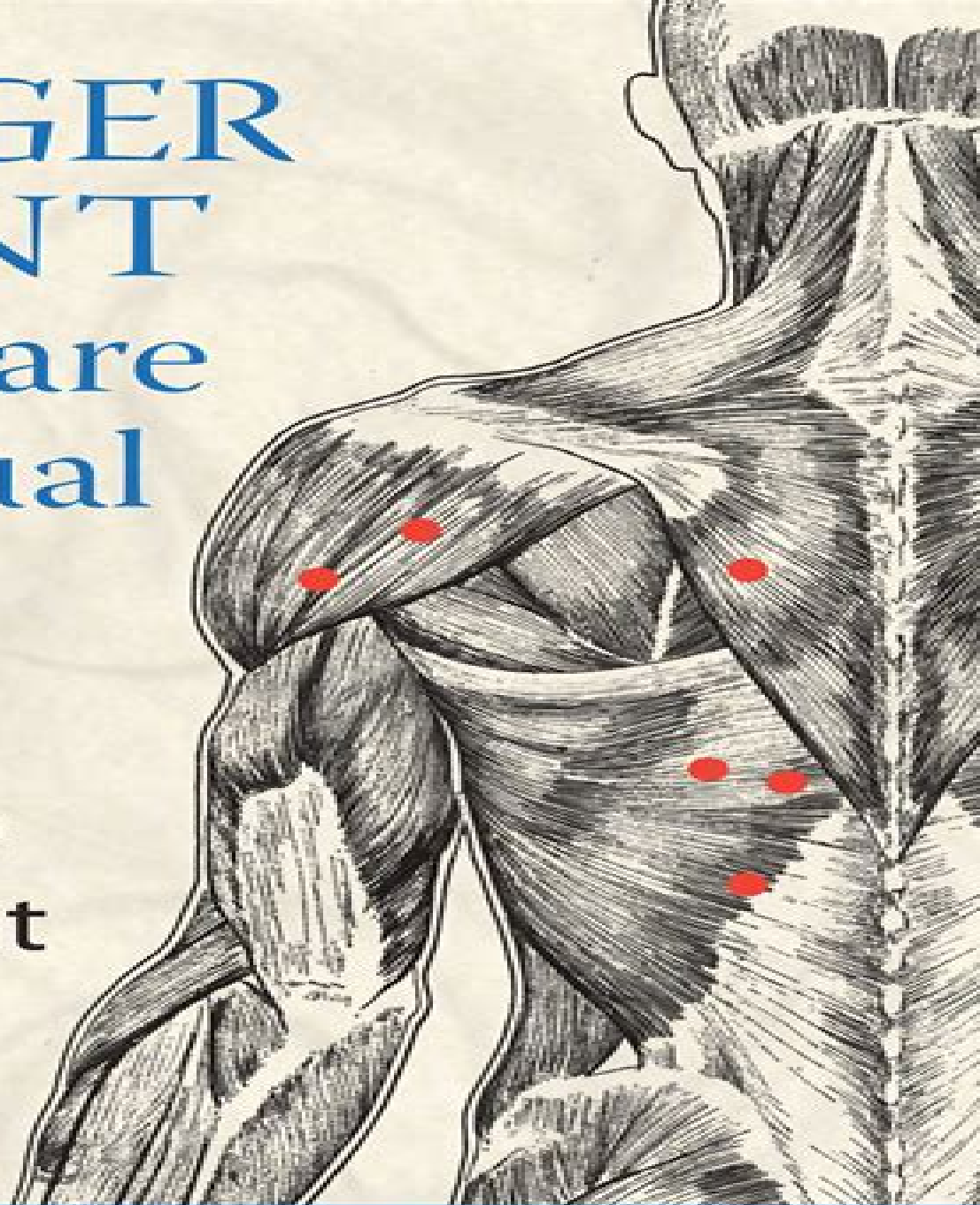


TRIGGER POINT Self-Care Manual

For
Pain-Free
Movement



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

Trigger Point Self Care Manual Trigger Point Self Care Manual

Donna Finando



Trigger Point Self Care Manual Trigger Point Self Care Manual:

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

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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 Point Therapy for Myofascial Pain** Donna

Finando, Steven Finando, 2005-08-22 A clinical reference manual for the evaluation and treatment of muscle pain Contains detailed illustrations of pain patterns and trigger point locations 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* Simeon Niel-Asher, 2008 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

Body Mechanics and Self-care Manual Marian Wolfe Dixon,2001 This book shows bodywork professionals who may be experiencing symptoms of fatigue stress or overuse how to heal themselves and prevent injuries from recurring It teaches healthy bodyworkers how to stay that way and to help clients who suffer from repetitive motion injuries Chapter topics include principles of physics moving and static objects weight and pressure eastern influences on body mechanics unpatterning repetitive motion and other common injuries taking care of yourself physiologically and psychologically and adaptations for special populations conditions For all licensed massage therapists neuromuscular therapists chiropractors and chiropractic assistants acupuncturists physical therapists and physical therapist assistants certified nursing assistants and expressive art therapists

The Concise Book of Trigger Points Simeon Niel-Asher,2014-08-01 A Professional and Self Help Manual 3rd edition

Acupoint and Trigger Point Therapy for Babies and Children Donna Finando,2007-12-26 Techniques that allow parents to be active agents in providing relief and healing when illness occurs in their children Reveals the importance of touch in both childhood development and healing Details acupoint and trigger point therapy techniques for most common childhood ailments including asthma Identifies when to seek professional help vs situations that can be handled at home Touch is critical to the development of babies and children It establishes both their sense of self and their connectedness to the rest of the world Donna Finando shows that touch is also key to restoring health when illness occurs As a mother and grandmother she has experienced the frustration and helplessness of watching a sick child suffer As an acupuncturist and massage practitioner she has found there are many simple ways parents can provide relief and even healing for many common ailments that afflict children by using touch therapy Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely activating the body s remarkable healing abilities Colds sore throats ear infections constipation diarrhea vomiting and even asthma are some of the common conditions that can be relieved by touch therapy Finando presents an in depth explanation of each condition providing information on causative factors dietary and behavior recommendations point techniques that can offer relief and when to seek medical help The gentle techniques that form this healing practice also extend to other parent child interactions offering a comprehensive model for the care and nurturing of

children *A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals* James Tang, 2018-09-30 Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems While there are numerous books on musculoskeletal pain there is nothing specific for dental professionals on the holistic approach to the self management of musculoskeletal conditions This book is a practical guide it combines all the different modalities in a logical and systematic programme firstly by recognising the possible causes of your predicament and secondly by effectively managing it to prevent recurrence *A Practical Guide to the Self-Management of Lower Back Pain* James Tang, 2018-08-13 At the beginning your back may feel a little sore but then it starts to get stiff Before you know it your muscles start seizing up causing you to bend over like an old man unable to move Soon it may even become chronic Constantly suffering or becoming addicted to pain medication is no way to live life which is why James Tang wrote this practical guide to help those who suffer from back pain Drawing on his experiences as someone who has suffered from lower back pain he helps you understand its causes and symptoms examining topics such as obesity flat feet sacroiliac joint dysfunction sleep positions and diet and sports nutrition He also highlights how to holistically manage lower back pain via trigger point therapy flexibility training and core stability exercises With the majority of the population spending their working lives in prolonged seated positions education about posture and back problems has never been more important Get straightforward advice on preventing managing and eradicating pain with *A Practical Guide to the Self Management of Lower Back Pain* *Men's Health* Jeannette M Potts, 2015-11-12 This book covers issues of men's health including screening diagnosis and management of common disorders and opportunities for prevention and health maintenance Each chapter pertains to a component of the physical exam and or organ system Examples include appropriate survey and screening of the integument the significance of buccal dental integrity tailoring cardiovascular remedies and balancing prostate cancer screening with quality of life The book follows the methodical approach of a comprehensive wellness visit including inventory of psychosocial factors which significantly impact physical well being Justification for often overlooked topics in the review of systems such as sexual history and satisfaction relationship issues and vocational fulfillment are provided This book is written in the spirit of the rich bedside acumen and the art of healing we must strive to protect While informative and stimulating this text serves to remind us of the specialized diagnostic tools we carry between our ears and the power of healing we possess in our hands as well as the counsel and education we provide to our patients *Men's Health A Head to Toe Guide for Clinicians* serves as an important and readily accessible resource for primary care physicians internists and family doctors physician's assistants and nurse practitioners who care for adult males **The Pocket Atlas of Trigger Points** Simeon Niel-Asher, 2023 A practical reference guide to the muscle anatomy and referred pain patterns of the trigger points relating to the main skeletal muscles for bodyworkers physical therapists and patients who wish to work with their practitioner to help them understand their underlying trigger points The end of Chapters 2 to 7

examine conditions that commonly occur in the general population [Pain Relief Without Drugs](#) Jan Sadler, 2007-02-07 A practical effective and inspiring guidebook for dealing with chronic pain Explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain Presents successful strategies from the author's 25 years of coping with her own pain Includes 55 minute CD of author's key techniques for controlling pain In 1989 following surgery for a back injury Jan Sadler was left in constant pain with no hope of any further conventional treatment and no adequate prescription drug therapy Rather than settle for a life of chronic suffering she gave up her career teaching English and began an investigation into the self treatment of her pain Building on her skills as a teacher she incorporated the pain management techniques she discovered into programs that would help other sufferers learn how to cope with pain and find truly effective relief from its debilitating effects Sadler shows how we can reduce pain's grip by changing our personal reactions to the pain we are feeling Chronic pain keeps our attention fixed firmly on our anguish which then feeds the painful reaction back into our perception of being in pain creating a vicious cycle By allowing our reaction to become one of relaxation and acceptance the pain is dramatically lessened both by the absence of a negative perception and by the infusion of relaxation into the point of pain In *Pain Relief without Drugs* Sadler provides easy to use self help techniques that offer support and understanding in breaking pain's cycle from relaxation visualization and breathing techniques to setting goals building self esteem and coping with pain flare ups The author's 25 years of coping with her own pain and 16 years of teaching pain management techniques result in a book that is filled with practical activities and possibilities for a better life The book is accompanied by a 55 minute CD narrated by the author of key techniques for controlling pain *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 *Pathology - E-Book* Catherine Cavallaro Kellogg, Kenda S. Fuller, 2014-11-05 Full color interior design photos and illustrations Chapter on Behavioral Social and Environmental Factors Contributing to Disease and Dysfunction includes clinical models of health variations in client populations and lifestyle factors that are important to consider when treating a patient A Therapist's Thoughts offers personal and clinical insights from experienced therapists specializing in cystic fibrosis lymphedema and psychological problems Now covers the World Health Organization's International Classification of Functioning Disability and Health ICF a model that includes the level of participation in desired activities as a criterion for establishing status and goals UPDATED Evidence based content with over 6 000 references EXPANDED chapter on the lymphatic system features additional sections on lymphatic diseases plus exercise guidelines education and a home program for patients with a compromised lymphatic system UPDATED chapter on lab values features new information on potassium levels and exercise albumin levels related to nutrition and wound healing and coagulation studies in relation to exercise EXPANDED chapter on Psychosocial Spiritual Impact on Health Care offers new information on fear avoidance behaviors substance abuse malingering personality disorders abuse eating disorders and the impact of nonphysical trauma to health and disease as well as combat trauma torture and the effects of war Appendix B Guidelines for Activity and Exercise includes updated information on aquatic physical therapy from leaders in the field emphasizing precautions and contraindications for this modality *Myofascial Trigger Points* Jan Dommerholt, Peter Huijbregts, 2010-10-22 Myofascial Trigger Points Pathophysiology and Evidence Informed Diagnosis and Management's 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 This book is an accessible introduction to myofascial trigger points for physicians therapists chiropractors osteopaths acupuncturists and massage therapists *Myofascial Massage* Marian Wolfe Dixon, 2007 This invaluable resource will help practitioners and students sort out differences and similarities between popular myofascial styles Early chapters offer a solid review of anatomy and physiology as they relate to myofascial massage Subsequent chapters focus on specific direct and indirect techniques and adjunctive self care recommendations for clients including the neuromuscular approach hatha yoga and exercise to support myofascial massage and the craniosacral approach You'll learn the proper procedure for each myofascial technique and understand how to integrate myofascial massage into your bodywork practice Whether you're looking to broaden your perspective of massage or find the myofascial approach and technique that best suits you and your client Myofascial Massage is sure to help Exquisite illustrations enhance learning and understanding by clarifying the techniques Protocol boxes recommend sequences to follow during actual myofascial massage sessions Guidelines provide useful strategies for implementing each myofascial approach and improving body mechanics and

communication skills during your client sessions First person experiences will add to your overall understanding of the techniques and their uses Massage implications included in each anatomy chapter Chapters 2 4 help you to understand the influence of myofascial anatomy and physiology on practice Questions for discussion and review at the end of each chapter encourage you test your comprehension of the materials and think critically

Pain Medicine at a Glance Beth B. Hogans, 2021-08-27 Pain Medicine at a Glance The market leading at a Glance series is popular among healthcare students and newly qualified practitioners for its concise simple approach and excellent illustrations Each bite sized chapter is covered in a double page spread with clear easy to follow diagrams supported by succinct explanatory text Covering a wide range of topics books in the at a Glance series are ideal as introductory texts for teaching learning and revision and are useful throughout university and beyond Everything you need to know about Pain Medicine at a Glance Pain Medicine at a Glance is a user friendly visual introduction to the impact of pain in various clinical care settings focusing on primary care needs Aligned with learning objectives developed by the Johns Hopkins School of Medicine this authoritative guide covers the basic forms and pathophysiology of pain the clinical skills necessary for delivering excellent care pharmacological and non pharmacological treatments and a variety of special cases such as healthcare ethics integrative care and treatment planning for chronic pain self management therapy and the management of pain in children and older adults A new addition to the market leading at a Glance series the text offers concise and accessible chapters full color illustrations self assessment questions and easy to follow diagrams Topics include pain assessment cognitive factors that influence pain applying behavioral perspectives on pain managing opioids and other pharmacological therapies treating acute pain in patients with substance abuse issues and more Perfect for learning revision and teaching this book Provides a foundation of clinical and basic science knowledge about pain and its mechanisms Describes major forms of pain including surgical orofacial musculoskeletal and obstetric pain Offers advice on fostering empathy and compassionate practices in pain medicine Covers non pharmacological treatments such as physical therapy hydrotherapy meditation acupuncture massage and various focal treatments Includes discussion of recent advances and new discoveries in pain science Pain Medicine at a Glance is the ideal companion for medical and healthcare students junior doctors advanced practice providers nurse practitioners and others involved in diagnosing and treating pain associated illness For more information on the complete range of Wiley medical student and junior doctor publishing please visit www.wiley.com To receive automatic updates on Wiley books and journals join our email list Sign up today at www.wiley.com email All content reviewed by students for students Wiley Medical Education books are designed exactly for their intended audience All of our books are developed in collaboration with students This means that our books are always published with you the student in mind If you would like to be one of our student reviewers go to www.reviewmedicalbooks.com to find out more This book is also available as an e book For more details please see www.wiley.com buy 9781118837665 *Journal of Rehabilitation Research & Development* ,2010

Outcome-Based Massage Carla-Krystin Andrade, 2013-02-15 Outcome Based Massage™ Putting Evidence into Practice 3rd edition goes beyond an update of the content of the second edition In this book Dr Andrade and a team of contributors who represent the fields of massage therapy physical therapy athletic training education psychology medicine and physiology take the student or practicing clinician to the next level of using Outcome Based Massage™ in daily clinical practice This edition enhances and builds upon the strengths of the first two editions as follows Fully updated chapters provide a comprehensive approach to assessment treatment design and treatment delivery Streamlined presentation of theory and practice enhances the teaching and learning experience Quick Treatment Guides provide a colorful immediate reference for anatomy pathophysiology impairments and wellness goals for 16 musculoskeletal conditions New section on the scientific basis of soft tissue examination provides students and practitioners with the very latest understanding of the emerging body of knowledge in this field Review sections in each chapter provide Takeaways that summarize key concepts critical thinking questions and clinical cases that illustrate the practical application of the concepts discussed in the chapter Precise instructive photographs and videos give students and practitioners clear direct guidance for using the techniques presented in this text

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