

Trigger Point Therapy

WORKBOOK FOR

Upper Back *and* Neck Pain

2nd Ed.



Valerie DeLaune, LAc

Trigger Point Therapy For Upper Back And Neck Pain Second Edition

Clair Davies, Amber Davies



Trigger Point Therapy For Upper Back And Neck Pain Second Edition:

Trigger Point Therapy Workbook for Upper Back and Neck Pain: (second Edition) Valerie DeLaune, 2015-09-21 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 for Upper Back and Neck Pain (2nd Ed)** Valerie DeLaune, 2013-05 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 introductory chapter of this book includes general guidelines for self help techniques and muscle care Chapter 2 contains a diagram of a body divided into zones with a list of muscles that may contain trigger points which are referring pain and other symptoms to each zone so that you will know which subsequent chapters you need to read The second edition has an added extensive Appendix on perpetuating factors that will cause trigger points to form in any of the muscles of the body By using the Pain Guides you can go to each chapter that may harbor trigger points that are the source of your pain You ll find illustrations of common pain referral patterns that you can compare with your symptoms and this will help you figure out where the common trigger points causing your pain are likely located Along with outlining the common symptoms and causes for trigger points for each muscle there are lists of helpful hints for resolving trigger points Self help techniques are written out and accompanied by detailed photos to guide you through the techniques In addition to mid to upper back and neck pain conditions such as trapezius pain neck stiffness and lack of range of motion head forward posture and improper breathing are addressed This book draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 29 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 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

Trigger Point Therapy for Upper Back and Neck Pain Valerie DeLaune, 2012-11 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 introductory chapter of this book includes general guidelines for self help techniques and muscle care Chapter 2 contains a diagram of a body divided into zones with a list of muscles that may contain trigger points which are referring pain and other symptoms to each zone so that you will know which subsequent chapters you need to read The second edition has an added extensive Appendix on perpetuating factors that will cause trigger points to form in any of the muscles of the body By using the Pain Guides you can go to each chapter that may harbor trigger points that are the source of your pain You ll find illustrations of common pain referral patterns that you can compare with your symptoms and this will help you figure out where the common trigger points causing your pain are likely located Along with outlining the common symptoms and causes for trigger points for each muscle there are lists of helpful hints for resolving trigger points Self help techniques are written out and accompanied by detailed photos to guide you through the techniques In addition to mid to upper back and neck pain conditions such as trapezius pain neck stiffness and lack of range of motion head forward posture and improper breathing are addressed This book draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 29 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc

Pain Medicine Salim M. Hayek, Binit J. Shah, Mehul J. Desai, Thomas C. Chelmsky, 2015 Pain Medicine approaches the management of common chronic pain conditions using a unique interdisciplinary approach focusing on multiple facets of patients clinical presentations The comprehensive discussions in each chapter are centered on a vignette that mimics a fairly typical case presentation In addition to detailed classical descriptions of the epidemiology pathophysiology prognosis and confounding psychosocial factors of each disease entity the text provides various interdisciplinary management approaches The case based approach illustrates key clinical points and demonstrates how practitioners from a variety of disciplines can work together to deliver optimal patient care The ACGME criteria for fellowship training in Pain Medicine calls for an interdisciplinary approach with required training and

exposure to the fields of Anesthesiology Neurology Psychiatry and Physical Medicine Rehabilitation As this trend is occurring in private pain clinics and practices as well as in academic institutions there is a need for a volume which integrates the approaches of the various disciplines into a coherent whole to guide clinicians and trainees in the interdisciplinary management of pain With each chapter authored by respected experts in the key specialties involved with pain management Pain Medicine is a highly applicable clinical reference for practitioners an excellent anchor text for fellows and residents in training and a thorough review for initial board certification as well as maintenance of certification exams **Muscle Pain**

Siegfried Mense,David G. Simons,I. Jon Russell,2001-01-01 For the first time a book that addresses all aspects of muscle pain from basic science to clinical treatment This book answers all possible questions regarding muscle pain from local muscle soreness to the fibromyalgia syndrome The unique concept behind the book is the combination of neuroanatomical and neurophysiological data with the clinical management of all diseases that exhibit muscle pain **Atlas of Interventional**

Orthopedics Procedures, E-Book Christopher J. Williams,Walter Sussman,John Pitts,2022-02-25 The field of interventional orthopedics is changing the landscape of orthopedic care as patients seek less invasive options for the treatment of common conditions like arthritis rotator cuff tears and degenerative disc disease Offering easy to follow step by step guidance on both peripheral joint and spinal procedures Atlas of Interventional Orthopedics Procedures is the first reference to provide this practical content in one authoritative user friendly text Abundantly illustrated and easy to read it presents simple to advanced injection skills covering all orthopedic and physical medicine procedures using up to date imaging techniques Presents foundational knowledge for interventional orthopedics as well as ultrasound and x ray guided techniques for both peripheral joint and spinal procedures Features nearly 1 000 high quality images including fluoroscopy MRIs procedural images and unique anatomical illustrations drawn by a physical medicine and rehabilitation physician Covers need to know topics such as autologous orthobiologics allogenic tissue grafts prolotherapy and principles of fluoroscopy and ultrasound injection techniques Offers several ultrasound and fluoroscopy images for each procedure as well as step by step descriptions and the authors preferred technique Walks you through general injection techniques such as interventional spine procedures peripheral joint injections and spinal and peripheral ligament tendon and nerve techniques advanced techniques include intraosseous injections needle arthroscopy perineural hydrodissection and emerging interventional techniques Provides an up to date review on regenerative medicine for musculoskeletal pathology from editors and authors who are leading physicians in the field Follows the core tenets of interventional orthopedics including injectates that can facilitate healing of musculoskeletal tissues precise placement of those injectates into damaged structures using imaging guidance and the eventual development of new tools to facilitate percutaneous tissue manipulation *The Head and Neck* Roger

Kerry,Barbara Cagnie,2025-11-03 Musculoskeletal neck and head pain is a one of the highest health burdens faced globally Management of people with this pain is complex multi factorial and challenging Scientific evidence continues to grow in this

area but can often be confusing or contradictory This multi contributed compendium is a much needed resource for all healthcare professionals researchers and educators treating neck and head dysfunction Taking a holistic and patient centred approach this vital interdisciplinary book discusses the background of these dysfunctions and reviews specific conditions of the neck and head It also includes evidence based clinical assessment and management clinical reasoning and is supplemented with patient stories and supporting resources

Physical Therapy Case Files: Orthopedics, Second Edition Jason Brumitt, Erin E. Jobst, 2023-09-15 Sharpen your critical thinking skills and prepare for real world practice with clinical cases Build and enhance your knowledge of orthopedic physical therapy with this accessible case filled resource Each case includes a discussion of the health condition examination evaluation diagnosis plan of care and interventions evidence based practice recommendations and references NPTE style review questions accompanying each case reinforce your learning Featuring more than three dozen cases and new content this updated edition of Physical Therapy Case Files Orthopedics is an ideal resource for coursework NPTE preparation and in the clinic New Coverage of blood flow restriction dry needling thoracic spine manipulation and exercise for chronic low back pain 37 orthopedic cases with National Physical Therapy Examination style review questions to help users learn best practices in the context of patient care Evidence based cases written by leading clinicians researchers and academics Includes evidence based ratings for treatment plans Perfect for coursework use and NPTE preparation

CURRENT Diagnosis & Treatment in Family Medicine, Second Edition Jeannette E. South-Paul, Samuel C. Matheny, Evelyn L. Lewis, 2007-04-22 The most convenient authoritative overview of family medicine and primary care completely updated and expanded A Doody's Core Title ESSENTIAL PURCHASE Praise for an earlier edition This portable 700 page paperback is an excellent reference for practitioners caring for patients in ongoing settings Information is complete yet readily accessible Information is prioritized well making it easy to locate information rapidly It will be a cost effective addition to the shelves of thousands of hardworking family doctors 5 STARS Doody's Review Service Great for USMLE Step 3 review board certification and maintenance or recertification Concise evidence based coverage of the diseases and syndromes most commonly seen in clinical practice Organized according to the developmental lifespan beginning with childhood and adolescence focusing on the reproductive years and progressing through adulthood and senior years includes end of life issues Complementary and alternative treatments included where appropriate Recommendations for both immediate and ongoing management strategies Numerous algorithms charts and tables encapsulate important information Conservative and pharmacologic therapies Patient education information Sections on Therapeutics Genetics and Prevention Psychosocial Disorders and Physician Patient Issues NEW chapter patient centered medicine

Principles & Practice of Pain Medicine: Second Edition Carol A. Warfield, Zahid H. Bajwa, 2004-04-05 The leading textbook on pain management A Doody's Core Title 4 STAR DOODY'S REVIEW This is an extraordinarily well written and comprehensive book It expands considerably on the first edition and with its multifaceted and multidisciplinary

perspective it should be an invaluable addition to the library of any practitioner of pain medicine Doody's Review Service This comprehensive resource covers every aspect of diagnosing and treating specific pain conditions and syndromes Features a concise introduction to basic concepts in pain management plus an expanded section on evaluation and assessment techniques Trigger Point Therapy Workbook for Headaches & Migraines Including TMJ Pain Valerie Delaune, 2024-09-30 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 including headaches and migraines 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 Probably at least 90% of headaches and migraines are caused by trigger points in the upper back neck scalp and facial muscles You can probably relieve much or all of your headache pain with a combination of trigger point self help and identifying and eliminating all the perpetuating factors to the extent possible the things that cause and keep trigger points activated TMJ pain is often occurs together with headaches and migraines and it is essential to treat both for lasting relief In addition to headaches migraines and TMJ pain conditions such as trapezius pain neck stiffness and lack of range of motion head forward posture and improper breathing are addressed Chapters 6 through 16 have illustrations of muscles that may harbor trigger points that are the source of your pain You'll find illustrations of common pain referral patterns that you can compare with your symptoms and this will help you figure out where the common trigger points causing your pain are likely located Along with outlining the common symptoms and causes for trigger points for each muscle there are lists of helpful hints for resolving trigger points Self help techniques are written out and accompanied by detailed photos to guide you through the techniques An extensive Appendix on perpetuating factors that will cause trigger points to form in any of the muscles of the body will help you gain lasting relief *Textbook of Remedial Massage* Sandra Grace, Jane Graves, 2019-09-30 *Textbook of Remedial Massage 2e* is a comprehensive and practical book for students and practitioners of remedial massage Written by Sandra Grace and Jane Graves the text provides expert instruction in commonly used and highly valued remedial massage techniques including trigger points muscle stretching and myofascial release Each technique is accompanied by step by step illustrations and photographs physiological principles current evidence of efficacy contraindications and precautions Detailed approach to assessments including red flags for serious conditions requiring referral Evidence based approach to assessment and treatment Comprehensive coverage of techniques that are included in remedial massage programs Focus on functional anatomy Assessment videos of major regions of the body and the integration of treatment techniques that are specific to the target tissue *Low Back Syndromes: Integrated Clinical Management* Craig E. Morris, 2006 Comprehensive multidisciplinary text for low back conditions Because today's patients expect their clinicians to possess an in depth understanding of available treatments this text covers the

broad spectrum of clinical options currently available From chiropractic to osteopathy from medicine to physical therapy from occupational medicine to evidence based health care from psychology to surgery from pain medicine to manipulation from post surgical rehabilitation to end stage training of elite athletes this textbook brings all the specialists together to allow clinicians direct access to state of the art standards of practice from a single source **American Journal of Public Health** ,2002-07 **Current Medical Diagnosis & Treatment** ,1993 **Cecil Textbook of Medicine** James B. Wyngaarden,Lloyd H. Smith,J. Claude Bennett,1992 *Cecil Textbook of Medicine* Russell La Fayette Cecil,1992 Single volume reference which emphasizes practical diagnosis therapeutics and the outcome of disease and provides new information on AIDS cancer and oncogenes cardiovascular radiology and immunocompromised host Features include cross references and colour atlases Dutton's Orthopaedic: Examination, Evaluation and Intervention Fourth Edition Mark Dutton,2016-07-29 Updated edition of the 1 orthopaedic evidence based textbook and reference guide A Doody s Core Title for 2019 Dutton s Orthopaedic Examination Evaluation and Intervention provides readers with a systematic logical approach to the evaluation and intervention of the orthopedic patient In this comprehensive and up to date fourth edition Dutton strikes the perfect balance in its coverage of examination and treatment The textbook emphasizes the appropriate use of manual techniques and therapeutic exercise while outlining the correct applications of electrotherapeutic and thermal modalities as adjuncts to the rehabilitative process The content reflects the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region This in depth coverage leads you logically through systems review and differential diagnosis aided by decision making algorithms features new coverage on balance and concussions New videos on testing and method techniques are available on ACESSPT if adopted Also this edition has added 10 15 board review questions per chapter and has updated chapters to reflect the latest research and treatment techniques **Journal of Physical Education, Recreation & Dance** ,1989

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