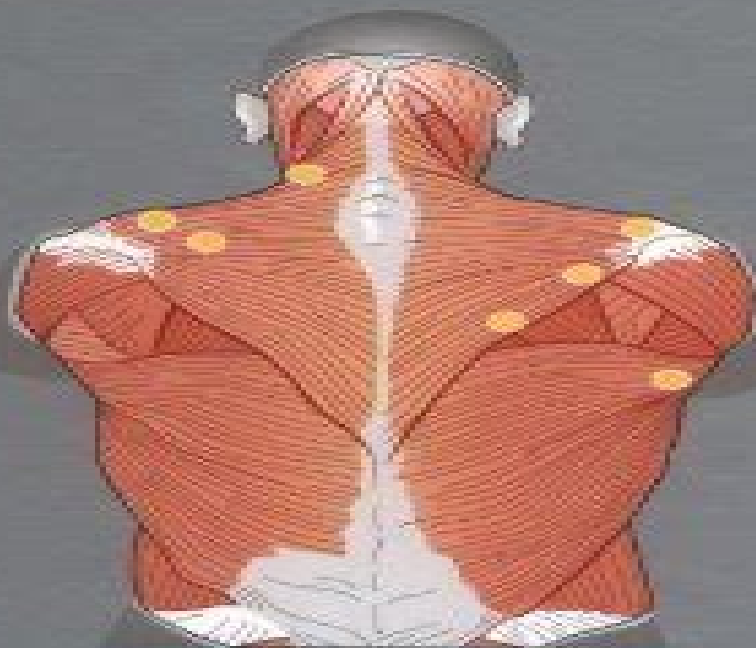




Complementary
Medicine

Trigger Points and Muscle Chains in Osteopathy

Philipp Richter
Eric Hebgén



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Simeon Niel-Asher



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Trigger Points and Muscle Chains, *Триггерные точки и мышечные цепи в остеопатии* Philipp Richter, Eric Hebgen, 2015

Manual Trigger Point Therapy Roland Gautschi, 2019-04-12 Treating pain where it originates Manual trigger point therapy combines mechanical reflex biochemical energetic functional cognitive emotional and behaviorally effective phenomena As such it influences not only peripheral nociceptive pain but also intervenes in the body's pain processing and transmission mechanisms Here you will learn a systematic manual therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction how to treat the accompanying fascial disorders and how to prevent recurrences Key Features Clinical background of myofascial pain and dysfunction Muscles trigger points and pain patterns at a glance Neuromuscular entrapments shown in detail Screening tests and pain guides for all common clinical patterns Manual treatment of trigger points and fasciae Manual Trigger Point Therapy is your one stop

comprehensive introduction to this fascinating proven technique Watch a special video preview of Manual Trigger Point Therapy here

The 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

The Pocket Atlas of Trigger Points Simeon Niel-Asher,2023-09-19 A simple go to guide to treating chronic pain with trigger point therapy for physical therapists bodyworkers and patients From the bestselling author of The Concise Book of Trigger Points This pocket sized guide covers practical information about the trigger points the painful knots that can form in tissues like muscles and fascia that are central to addressing chronic pain with massage bodywork and physical therapy Full color illustrations and charts help practitioners students and patients identify trigger points and address referred pain patterns with ease The first chapter introduces relevant information on fascia and myofascial meridians and provides an overview of trigger point symptoms classification and formation Subsequent chapters are organized by muscle group and feature concise yet comprehensive sections on each of the main skeletal muscles and their trigger points Conditions that commonly occur in the

general population such as headaches and back pain are explored for all of the muscle groups including the muscles of the Face head and neck Trunk and spine Shoulder and arm Forearm and hand Hip and thigh Leg and foot Written in clear accessible language this go to guide offers a wealth of knowledge to the lay reader the student or the practitioner

Acupuncture, trigger points and musculoskeletal pain : a scientific approach to acupuncture for use by doctors and physiotherapists in the diagnosis and management of myofascial trigger point pain Peter. Baldry,2005

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