

Trigger Point Therapy

WORKBOOK FOR

**Headaches
and Migraines
Including TMJ Pain**



Valerie DeLaune, LAc

Trigger Point Therapy For Headaches Migraines Trigger Point Therapy For Headaches Migraines

Valerie DeLaune



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Trigger Point Therapy for Headaches and Migraines Including TMJ Pain Valerie DeLaune, 2013-11 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 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 By clicking on the pertinent muscle chapter links from the table of contents chapters 6 through 16 your e book reader takes you 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 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

[Trigger Point Therapy for Headaches and Migraines](#) Valerie DeLaune, 2008 Trigger Point Therapy can offer relief to the millions who struggle daily with headache pain This book explains trigger point theory and then offers a complete program for self care that includes clear illustrations of all 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

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

Interventional Management of Migraines and Other Headache Disorders Ivan Urits,Jamal Hasoon,2024-11-30 Interventional Management of Migraines and Other Headache Disorders provides a comprehensive overview of interventional treatment options available for migraine headaches and other headache disorders including their mechanisms of action indications contraindications and efficacy It covers the fundamental principles of interventional procedures including patient selection preparation and monitoring during and after treatment This book offers practical instructions to clinicians and healthcare professionals for the selection administration and evaluation of interventional treatments for headaches Further it addresses the multidisciplinary aspects of migraine management including collaboration between neurologists pain specialists anesthesiologists and other professionals involved in patient care Provides a comprehensive overview of interventional treatment options available for migraines and other headache

disorders including their mechanisms of action indications contraindications and efficacy Covers the fundamental principles of interventional procedures and provides detailed guidance on the techniques and tools used for different interventional treatments Offers a practical guide for clinicians and healthcare professionals in the selection administration and evaluation of interventional treatments for headaches helping to optimize patient outcomes and improve quality of life Conquering Headaches and Migraines: A Comprehensive Guide to Relief and Prevention Cathy Rudd, Discover effective ways to manage and conquer headaches and migraines with Conquering Headaches and Migraines A Comprehensive Guide to Relief and Prevention This essential guide covers everything from understanding different types of headaches and their causes to exploring a wide range of treatments both medical and alternative Learn practical self care strategies lifestyle modifications and coping techniques to improve your quality of life With in depth insights into diagnosis special considerations for various populations and the latest research this book empowers you with the knowledge to take control of your condition

Clinical Mastery in the Treatment of Myofascial Pain Lucy Whyte Ferguson, Robert Gerwin, 2005 This concise and easily referenced clinical text brings together editors from a range of disciplines to address therapeutic approaches to common muscle and joint pain Organized by chief complaint each chapter follows a structured format that takes readers from overview and assessment through a case history to a planned program of rehabilitation generalization to similar conditions and a treatment protocol Midwest *Trigger Point Dry Needling E-Book* Jan Dommerholt, Cesar Fernandez de las Penas, 2018-06-21 Since the publication of the first edition in 2013 the utilization of dry needling in clinical practice has expanded dramatically throughout the world Indeed more and more professionals have been using dry needling to effectively reducing acute and chronic pain as well as improving motor performance range of motion and strength Following the success of the previous edition the updated Trigger Point Dry Needling An Evidence and Clinical Based Approach remains the first authoritative guide on the market With a completely revised text and now full colour illustrations it provides excellent clarity within content and images for even more uniform and consistent instructions on the needling techniques Written and edited by a group of international experts this is the most up to date resource for physiotherapists chiropractors myotherapists and other professionals as physicians acupuncturists osteopaths and athletic trainers New chapters on the use of dry needling for Neurological Conditions and dry needling for Fascia Scar and Tendon Clinical chapters with new full colour illustrations Worldwide editors and contributors New chapters on the use of dry needling for Neurological Conditions and dry needling for Fascia Scar and Tendon Clinical chapters with new full colour illustrations Worldwide editors and contributors

Healing Yoga for Neck & Shoulder Pain Carol Krucoff, 2010 In Healing Yoga for Neck and Shoulder Pain Duke Integrative Medicine yoga therapist and personal trainer Carol Krucoff offers readers effective yoga stretches postures and mind body techniques for eliminating neck and shoulder pain and tension Massage Therapy Trish Dryden, Christopher A. Moyer, 2012-04-10 Massage Therapy Integrating Research and Practice presents the latest research examining the evidence

for the use of various massage therapy techniques in treating pathological conditions and special populations In this resource readers will find a synthesis of information from the diverse fields of kinesiology medicine nursing physical therapy and psychology Authored by experts carefully selected for their specific knowledge experience and research acumen Massage Therapy Integrating Research and Practice will assist both students and practitioners in these areas Learning the benefits of evidence based massage therapy practice Understanding various research methods Developing research skills by learning guidelines for writing case reports and journal articles Understanding how to integrate massage therapy research into education and clinical practice This text presents a seamless integration of research and practice in four parts providing readers first with a background to the field of massage therapy followed by discussion of research methods Next is an evidence based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice This clinical section presents three patient populations pediatric athletic and elderly three pain related types headache neck and shoulder pain and low back pain and six conditions that massage therapists may encounter pregnancy and labor scar treatment cancer fibromyalgia anxiety and depression and clients who have experienced sexual trauma Recommendations and evidence based treatment guidelines are clearly defined for each condition Case reports developed from real life cases are included in this section offering readers a real world context for the clinical content presented The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists It provides readers with the fundamental tools for a research based approach in clinical practice especially as it relates to special populations A running glossary chapter summaries and critical thinking questions assist students in learning the content and act as self study tools for practitioners Massage Therapy Integrating Research and Practice offers both students and practitioners of massage therapy the most current evidence based information guidelines and recommendations for the treatment of conditions often seen in massage therapy practice This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention

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