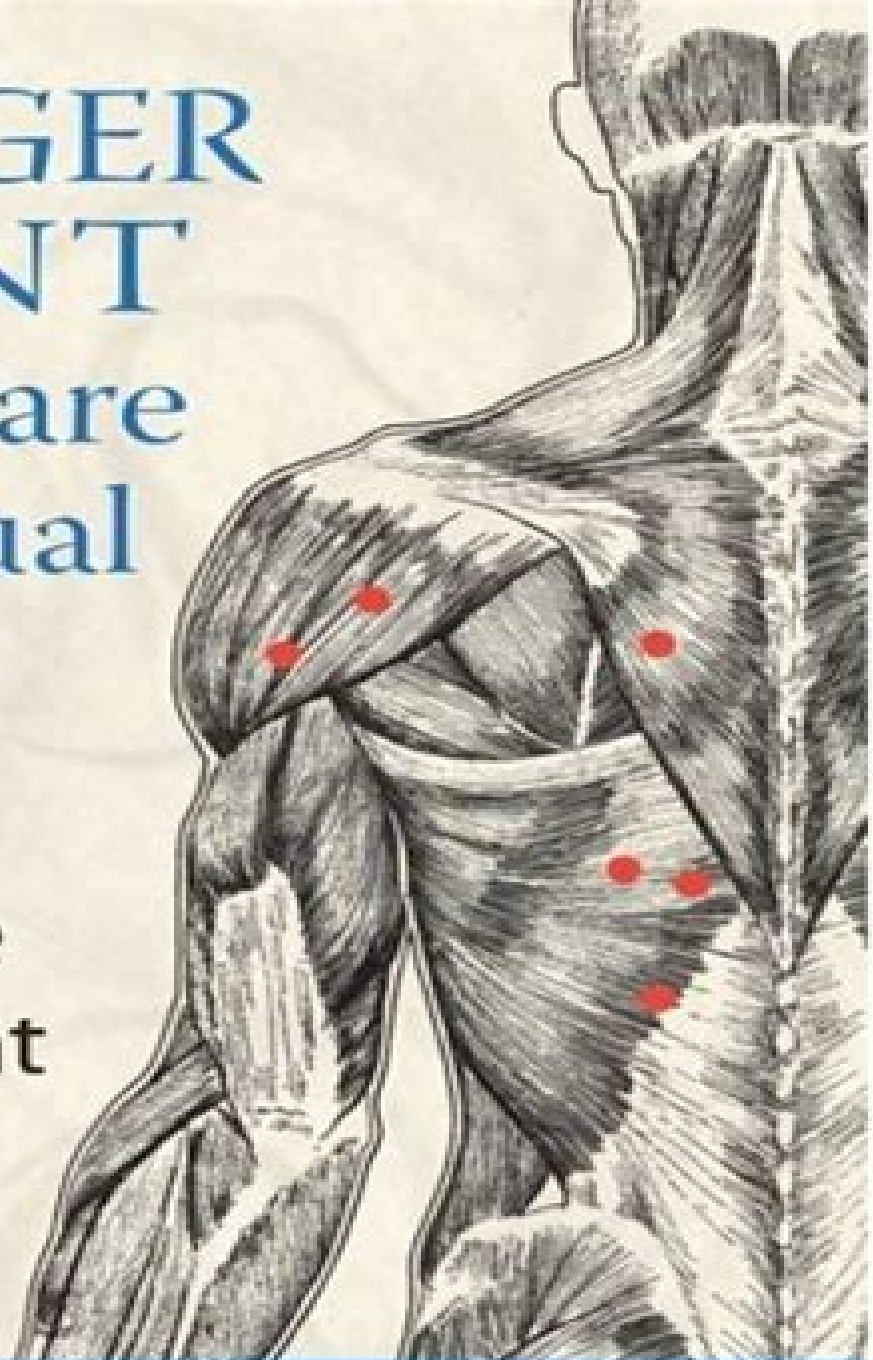


TRIGGER POINT Self-Care Manual

For
Pain-Free
Movement



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

Trigger Point Self Care Manual For Pain Free Movement

Donna Finando



Trigger Point Self Care Manual For Pain Free Movement:

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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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

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 15 000 copies sold in first hardcover edition 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

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

Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care

Applied Kinesiology Tom Valentine, Carole Valentine, 1985-10-01 A practical and reliable diagnostic tool that has emerged over the past twenty five years kinesiology is the study of the mechanics of bodily motion especially muscle movements and their relationship to our body systems Viewing the body as a balanced triad of structure chemistry and mentality applied kinesiology gauges muscle response to pinpoint underlying physical problems Within 30 minutes a competent kinesiologist can evaluate bodily functions and provide a readout on the workings of the glands organs lymphatic system circulatory and nervous systems circulation and muscle bone structure Applied Kinesiology demonstrates how this technique can be of practical use for everyone

Rolfing and Physical Reality Ida P. Rolf, 1990-11-01 A warm and wise self portrait of the woman who originated the therapy that bears her name Here Ida Rolf tells about her life about the wonder of the human body about life in general and about Rolfing in particular explaining her technique of manipulating muscle tissue to allow the body to come into its correct alignment After Rolfing your body has been encouraged to do what it wants to do you move with ease your lungs take in more air and you are taller and therefore slimmer

Reflexology Today Doreen E. Bayly, 1984-05 Stimulating the body s healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system and can do much to retard the ageing process Ailments that respond to reflexology include glaucoma

migraine liver disease cataracts asthma neuritis shingles herpes zoster arthritis and sinus trouble **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

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Table of Contents Trigger Point Self Care Manual For Pain Free Movement

1. Understanding the eBook Trigger Point Self Care Manual For Pain Free Movement
 - The Rise of Digital Reading Trigger Point Self Care Manual For Pain Free Movement
 - Advantages of eBooks Over Traditional Books
2. Identifying Trigger Point Self Care Manual For Pain Free Movement
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trigger Point Self Care Manual For Pain Free Movement
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trigger Point Self Care Manual For Pain Free Movement
 - Personalized Recommendations
 - Trigger Point Self Care Manual For Pain Free Movement User Reviews and Ratings

- Trigger Point Self Care Manual For Pain Free Movement and Bestseller Lists
- 5. Accessing Trigger Point Self Care Manual For Pain Free Movement Free and Paid eBooks
 - Trigger Point Self Care Manual For Pain Free Movement Public Domain eBooks
 - Trigger Point Self Care Manual For Pain Free Movement eBook Subscription Services
 - Trigger Point Self Care Manual For Pain Free Movement Budget-Friendly Options
- 6. Navigating Trigger Point Self Care Manual For Pain Free Movement eBook Formats
 - ePub, PDF, MOBI, and More
 - Trigger Point Self Care Manual For Pain Free Movement Compatibility with Devices
 - Trigger Point Self Care Manual For Pain Free Movement Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trigger Point Self Care Manual For Pain Free Movement
 - Highlighting and Note-Taking Trigger Point Self Care Manual For Pain Free Movement
 - Interactive Elements Trigger Point Self Care Manual For Pain Free Movement
- 8. Staying Engaged with Trigger Point Self Care Manual For Pain Free Movement
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trigger Point Self Care Manual For Pain Free Movement
- 9. Balancing eBooks and Physical Books Trigger Point Self Care Manual For Pain Free Movement
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trigger Point Self Care Manual For Pain Free Movement
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trigger Point Self Care Manual For Pain Free Movement
 - Setting Reading Goals Trigger Point Self Care Manual For Pain Free Movement
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trigger Point Self Care Manual For Pain Free Movement
 - Fact-Checking eBook Content of Trigger Point Self Care Manual For Pain Free Movement
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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