

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

Valerie DeLaune



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 **Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body** David G. Simons,Janet G. Travell,Lois S. Simons,1999 This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body It includes 107 new drawings a number of trigger point release techniques in addition to spray and stretch and a new chapter on intercostal muscles and diaphragm *Fascia in Sport and Movement, Second edition* Robert Schleip,Jan Wilke,Amanda Baker,2021-03-30 *Fascia in Sport and Movement* Second edition is a multi author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions It provides professionals from all bodywork and movement specialisms with the most up to date information they need for success in teaching training

coaching strengthening tackling injury reducing pain and improving mobility The new edition has 21 new chapters and chapters from the first edition have been updated with new research This book is an essential resource for all bodywork professionals sports coaches fitness trainers yoga teachers Pilates instructors dance teachers and manual therapists It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice The book's unique strength lies in the breadth of its coverage the expertise of its authorship and the currency of its research and practice base

Trigger Point Dry Needling E-Book Jan Dommerholt, Cesar Fernandez de las Penas, 2013-01-08 This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point TrP dry needling It provides a detailed and up to date scientific perspective against which TrP dry needling can be best understood The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena safety and hygiene the effect of needling on fascia and connective tissue and an account on professional issues surrounding TrP dry needling The second section includes a detailed and well illustrated review of deep dry needling techniques of the most common muscles throughout the body The third section of the book describes several other needling approaches such as superficial dry needling dry needling from a Western Acupuncture perspective intramuscular stimulation and Fu's subcutaneous needling Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling First book of its kind to include different needling approaches in the context of evidence for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians expertise and experience Multi contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

Treatment of Voice Disorders, Second Edition Robert Thayer Sataloff, 2017-10-20 Treatment of Voice Disorders Second Edition presents the entire range of behavioral medical and surgical voice treatment options from the perspective of a variety of specialist practitioners with exceptional breadth and clarity As suggested in the opening chapter contemporary treatment of voice disorders draws on interdisciplinary expertise and the book is true to that perspective The team approach to voice treatment is realized through the contributions of laryngologists speech language pathologists singing voice specialists nurses physiotherapists acting voice trainers and others The reader will find discussion of various treatment procedures including surgical pharmacological and behavioral This text presents essential information that allows for the effective interaction of various specialties For example behavioral specialists can draw on the information that is given on surgery trauma and injury and medications This book is at once a template for team based treatment and a deep informational resource for treatment alternatives Its scope and depth make it a book that the voice specialist will want to keep close at hand New to this edition New content on topics such as technology in the studio and pedagogy for children Many topics have been expanded to highlight current practices to include information published since the previous edition and to present current management approaches Chapters have been

rewritten extensively to include the most current techniques and to reflect the latest beliefs and practices as well as the most recent information from the evolving literature in this field Chapter 16 on nutrition has been completely rewritten and includes important changes in criteria and strategy reflecting developments in nutritional science over the past decade New material on topics such as choral pedagogy for geriatric singers laryngeal manipulation and cosmetic procedures and their implications for voice professionals Treatment of Voice Disorders Second Edition is ideal for speech language pathology students and clinicians and is suitable for classroom use as well as for reference It is an essential volume for anyone concerned with voice disorders *Essentials of Physical Medicine and Rehabilitation* Julie K. Silver, Thomas D.

Rizzo, 2008-01-01 DIAGNOSTIC STUDIES TREATMENT POTENTIAL DISEASE COMPLICATIONS POTENTIAL TREATMENT COMPLICATIONS Chapter 11 Biceps Tendinitis DEFINITION SYMPTOMS PHYSICAL EXAMINATION FUNCTIONAL LIMITATIONS DIAGNOSTIC STUDIES TREATMENT POTENTIAL DISEASE COMPLICATIONS POTENTIAL TREATMENT COMPLICATIONS Chapter 12 Biceps Tendon Rupture DEFINITION SYMPTOMS PHYSICAL EXAMINATION FUNCTIONAL LIMITATIONS DIAGNOSTIC STUDIES TREATMENT POTENTIAL DISEASE COMPLICATIONS POTENTIAL TREATMENT COMPLICATIONS Chapter 13 Glenohumeral Instability DEFINITIONS *The Acupuncturist's Guide to Conventional*

Medicine, Second Edition Clare Stephenson, 2017-04-21 Now in its second edition this comparative textbook provides everything students and practitioners of complementary medicine need to know about conventional medicine It covers the physiological systems of the body and the conventional approach to diagnosis and treatment enabling good relationships with conventionally trained practitioners

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