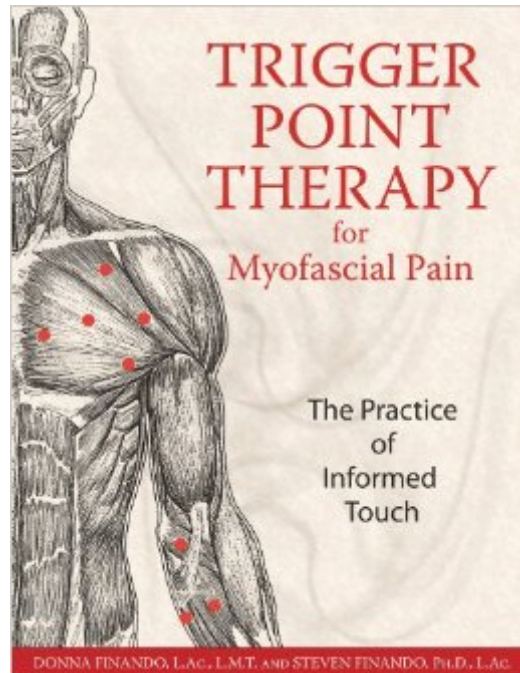


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# Trigger Point Therapy For Myofascial Pain: The Practice Of Informed Touch



## Synopsis

A clinical reference manual for the evaluation and treatment of muscle pain. Contains detailed illustrations of pain patterns and trigger-point locations. 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.

## Book Information

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## Customer Reviews

What a great book. Know first of all that it's written more for clinicians, such as massage therapists.

If you have no medical background, you may get confused with some of the medical terms, such as abduction. Having said that, for practitioners who treat musculoskeletal pain, this book is the best trigger point therapy book I've come across. After spending a few chapters covering some of the basics on topics such as the nature of trigger points, Qi, etc, the book gets to the reason you probably bought the book- the trigger points. Here it does an excellent job of covering all the muscles of the body and their associated trigger points. Besides having some of the best muscle pictures you could ask for, each section on a particular muscle ALSO covers pain patterns a specific trigger point could produce, as well as stretching and strengthening exercises. While the stretches are clearly depicted, the strengthening exercises are only described- but are clear enough to follow. A couple of appendices on meridian pathways, cutaneous zones, and acupoints are also included. Lastly, the book ends with two indexes. The first is a pain pattern index, which is really a picture reference guide on trigger point referral patterns for the various muscles. The second is a symptoms index. Using this index is as easy as looking up a particular area of the body (such as the shoulder) where you'll then find various symptoms and their potential cause (trouble with reaching up....problem with latissimus dorsi). All-in-all, it's a great resource for anyone who deals with clients that might have muscular pain and the book could also double as a patient education tool with its great pictures of all the muscles and their trigger points. Also recommend *Bulletproof Your Shoulder* for practitioners who deal with a lot of shoulder patients.

This is by far the best manual I have ever used for my fibromyalgia/myofascial pain. It gives instructions for the physical therapist as well as helping the patient with identifying the location of the problem. Excellent diagrams help you to locate the areas to massage or use accupressure on for relief of pain. The book then gives stretching and strengthening moves for each specific area. For the last ten years I had an area of severe pain that neither I nor my therapist could figure out how to relieve. The first time through this manual, I was able to identify the exact spots to manipulate and I had immediate relief. It is worth 10 times what I paid for that one thing alone. I am VERY happy with this book!

This manual is concise and easy to use. I bought it to use as a ready-reference in my practice and am very happy with the presentation. It can be flicked through quickly to find the relevant muscle or group you are evaluating and the text is easy to follow giving the main points under headings. The drawings are excellent. I particularly liked the sections at the end of each muscle which gives a stretching and strengthening exercise for that particular muscle and a drawing. It will be very easy

to demonstrate this to patients using the guide. Very simple and easy to follow. The only downside to the book for me was the non-inclusion of the intrinsic muscles of the foot and their trigger points. I can't quite work out why these would not be included and as a podiatrist is quite an omission. It does mention in the introduction that it doesn't include all muscles of the body, just the ones that they have found to be clinically significant and it then refers the reader to Travell and Simons. Overall, a good clinical reference.

So I now own 3 books on trigger point therapy. This one (TPTMP), Donna's "Triggerpoint Self-Care Manual: for pain-free movement" and "The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief" (TPTW) by Claire Davies. If you are looking for a self-care book to work with then definitely go with Claire's. If you are a therapist or if you really want to learn the specific and targeted stretching exercises that complement your trigger point work then consider getting TPTMT as well as TPTW. Donna's "Trigger Point Therapy for Myofascial Pain" (TPTMP) provides more detailed info than Claire's book including: Stretches to release trigger points, relationship to Chinese meridians, several excellent introductory chapters that describe pain, trigger points and treatment thereof very well. However Claire's book is organized so much better that I would say that I prefer it to Donna's TPTMP...though I do use TPTMP to study the stretches because that is an essential aspect of releasing pain. Claire's book begins each section with a list of possible symptoms in the body region in question coupled with the corresponding potential trigger points. Whereas Donna's book just plods thru muscle by muscle ... though there is a symptom index at the back of the book. However, given that by definition, if you are opening one of these books it is because you (or a client) is experiencing a specific symptom, why would you not want a reference book organized by symptom? Seems like a no-brainer to me. Not sure what Donna was thinking? And for that matter not sure why Claire did not include stretches in her book? Hope this helps

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