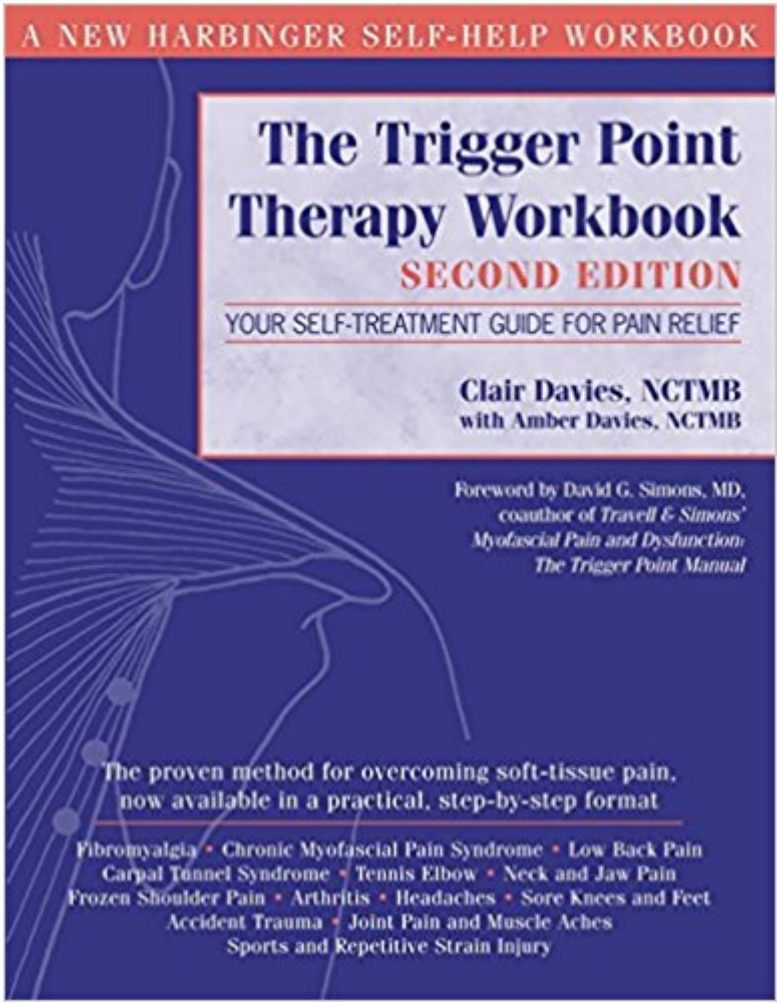
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The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief, 2nd Edition



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Synopsis

Trigger point therapy is one of the most intriguing and fastest-growing bodywork styles in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve formerly undiagnosable muscle and joint painÃ¢â ¬â •conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. The technique involves applying short, repeated massage strokes to trigger points, tiny contraction knots in muscle tissue where restricted circulation and lack of oxygen cause referred pain. 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. This dynamic technique has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. The book has sold over 220,000 copies since the release of the first edition in 2001. The second edition is a complete update and includes a new chapter specifically for massage professionals, as well as a chapter on systematic muscle relaxation techniques that can reinforce the therapeutic power of trigger point work.

Book Information

Paperback: 352 pages
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Customer Reviews

The first edition of this workbook is regarded as a classic in its field, and was the first book to introduce trigger point therapy to the general public as a self-care tool for alleviating chronic pain caused by a variety of conditions, including arthritis, back pain, carpal tunnel syndrome,

fibromyalgia, headache, muscle ache, and repetitive strain injuries. As the author makes clear, all such conditions are related to lack of oxygen in exhausted or injured muscle tissue. Trigger point therapy has been used for decades by doctors, pain specialists, and massage therapists to quickly stimulate the flow of oxygen and promote rapid pain reduction. This book makes the same techniques available to the general public with instructions that are easy to follow, and abetted by an extensive collection of charts and corresponding illustrations. The author’s interest in trigger point therapy began when he used it to successfully treat his frozen shoulder. Since that time, he has dedicated himself to teaching others the same techniques. That dedication is obvious throughout his writing and the care he takes to make the therapy understandable to the lay public. Also included in this new edition is updated information that should be of great interest to pain specialists and bodyworkers, as well as useful instruction in a variety of relaxation techniques. Overall, this book is an excellent self-care resource for anyone interested in pain relief.--Larry Trivieri Jr.

Ã¢â ¬Å“I have long been a believer in and practitioner of trigger point therapy. I certainly recommend this book to the general public and health care practitioners. It is truly an excellent resource and provides the tools that induce self-healing and empowerment.Ã¢â ¬Â• Ã¢â ¬â •Bernie S. Siegel, MD, author of Love, Medicine, and Miracles and Prescriptions for Living and former student of Janet Travell, MD, author of Travell and SimonsÃ¢â ¬â„¢ Myofascial Pain and Dysfunction: The Trigger Point ManualÃ¢â ¬Å“This is a useful book for anyone in chronic pain. There are few resources like this one, which empowers the reader to understand the problem and offers the tools to manage it. The approach to managing pain described in this book will help many take control of a significant part of their health and will become a valuable lifelong reference.Ã¢â ¬Â• Ã¢â ¬â •Scott M. Fishman, MD, chief of the Division of Pain Medicine in the Department of Anesthesiology and Pain Medicine at the University of California, Davis and author of The War on PainÃ¢â ¬Å“As a medical doctor who has been challenged by patients experiencing chronic pain, including those suffering from long-standing cases of fibromyalgia, I appreciate a safe solution for their problem. I believe this book, revealing that trigger point therapy may safely relieve chronic pain, should be in the hands of every doctor.Ã¢â ¬Â• Ã¢â ¬â •Terry Shepherd Friedmann, MD, author of Freedom Through HealthÃ¢â ¬Å“Ã¢â ¬Â¦trigger point massage therapy may be the most effective treatment known for a wide variety of pain problems, including fibromyalgia and myofascial pain syndrome.Ã¢â ¬Â• Ã¢â ¬â •C. Norman Shealy, MD, Ph.D., founding president of the American Holistic Medical Association and author of The Illustrated Encyclopedia of Healing

RemediesÃ¢â ¬Å“This must-have book gives practical methods for dealing with chronic pain in a format that is easy to use, and it works! IÃ¢â ¬â„¢m a believer!Ã¢â ¬Â• Ã¢â ¬â •Jo Ann Gillaspy, MS, RN, editor of The Nephrology Resource DirectoryÃ¢â ¬Å“Properly used, the information in DaviesÃ¢â ¬â„¢s book should enable many people with myofascial trigger point disorders to participate effectively in treating their conditions. The book should be especially useful to those who do not have ready access to a practitioner familiar with the diagnosis and treatment of these common muscular problems.Ã¢â ¬Â• Ã¢â ¬â •Michael D. Reynolds, MD, rheumatologistÃ¢â ¬Å“The Trigger Point Therapy Workbook is a welcome and timely addition to the worlds of personal wellness, pain relief, and self-care. The author creates a highly effective form of pain therapy that anyone can learn. This book is a valuable contribution to the field of self-applied therapeutic bodywork.Ã¢â ¬Â• Ã¢â ¬â •Robert K. King, founder and president of the Chicago School of Massage TherapyÃ¢â ¬Å“I have personally benefited from the therapeutic effects of trigger point massage and I believe it deserves official recognition in the medical world. I hope physicians will study these self-treatment techniques and recommend them to their patients.Ã¢â ¬Â• Ã¢â ¬â •Rose Marie Hackett, DO, osteopathic physician and radiologistÃ¢â ¬Å“As a chiropractor for twelve years and an instructor of trigger point therapy at the Utah College of Massage Therapy for ten years, I found DaviesÃ¢â ¬â„¢ book very accurate and complete. His graphics and illustrations make it easy to show patients and clients ways to improve quality of life. I believe the book will be a valuable asset to all health care practitioners who use trigger point therapy.Ã¢â ¬Â• Ã¢â ¬â •David B. Thomson, DC, instructor at the Utah College of Massage TherapyÃ¢â ¬Å“This isÃ¢â ¬Â|a well-organized, easy-to-use handbook that will indeed help sufferers of myofascial pain learn to treat themselves with effective self-massage techniques. The detail and clarity of the bookÃ¢â ¬â„¢s format will also make it invaluable to pain physicians who want to be able to teach their patients useful, simple strategies to manage soft tissue pain problems.Ã¢â ¬Â• Ã¢â ¬â •Joseph F. Audette, MD, instructor at Harvard Medical School and director of Outpatient Pain Services at Spaulding Rehabilitation Hospital in Medford, MA

Extremely informative book!! I was bringing it to work and showing everyone in the office, lol :) One gentleman I worked with had a wife who had a constant issue with her eye watering. It got so bad that she started getting a skin irritation on her face from it. All her doctors were telling her nothing at all, they wanted to put steroid drops in her eye! I let him read the section of this book labeled "head and neck" I believe, and found out there are certainly trigger points that effect the eye muscles! He was quite happy about that! I myself have referred to this book on countless occasions for pain in

my back and arms. THE best thing you can do for your muscles, that I learned in this book, is to go out and buy yourself a tennis ball! The book recommends several different tools, that you could blow your money on, but a simple $3 tennis ball is really all you need! Rolling your shoulder blades, and back up against a tennis ball on the wall is the best massage you could ever hope for :) Better than any massage therapist could give you, I dare say!

This book has been very helpful to me over the years. I bought this copy for my mom. The author provides brief explanations for each muscle group in a particular area, common pain symptoms, causes, and recommended treatment. The descriptions of the pain symptoms really help to pinpoint the problem. The drawings help identify the trigger points for treatment. The use of a tennis ball is pretty much all I've needed to take care of just about every pain issue I've had, although the author also recommends using a Thera Cane. The information in this book is well worth knowing. There are many conditions treatable with trigger point therapy.

I purchased this book with The Body Back Buddy and it has been an eye-opening experience. I have been able to find my trigger points and use the Back Buddy to manipulate them and lesson or get rid of the pain altogether. I had terrible left plantar fasciitis last year and physical therapy ended up messing up my right knee and doing nothing for my foot. I also had steroid injections in my foot. When these failed, my podiatrist wanted to offer me surgery which I declined. I found a different physical therapist and learned how to use my Back Buddy to eventually relieve my plantar fasciites pain for good. I am so glad I did not have surgery! I no longer go to the podiatrist or PT. This book has also helped me with my shoulder and neck pain which is a chronic issue for me. I am able to find relief with regular trigger point pressure. This was a great resource for me and if you feel frustrated with medical modalities that do not relieve your pain, I can only suggest that you give trigger point pressure a try--it's worth at least that. I am so glad I did!

I can't say enough about how helpful this book has been to me. Clair Davies communicates his incredibly vast yet specific knowledge on the topic in a way that's easy to understand. If you have any kind of orthopedic pain, this book is a must! It's crazy how many people in the United States spend years of their life in pain while spending thousands of dollars on the wrong therapies, some of them incredibly invasive, when this book can solve 75% of those issues in a matter of days. I highly recommend this book.

Massage appointments every two weeks, Osteopath every three weeks, Pain Doctor 3-5 times a year, regular Physical Therapy. All of them helped me keep going but nothing was ever 'fixed'. It was taking all my time and money to just keep going (neck, shoulders, knees, ankles, you name it - it hurt). And my job requires sitting at a desk for long hours and lots of travel (neither of which help). In desperation, I started searching high and low looking for something/anything to help. I think I've purchased every type of massage tool available but this book brought it all together for me. Made sense from a logical point of view that the problem wasn't always WHERE it actually hurt but something else, somewhere else that caused the pain. Finding the root cause and FIXING it, instead of maintaining was the answer I was looking for. I've purchased this book for myself and for others who have also found solutions/relief. This book, my theracane, a lacross ball and my RAD Roller have resolved most of problems and kept me moving without all the doctors/therapy visits and actually gave me time to do something else. SO nice to be pain free. It did take a while -- problems didn't start overnight and won't go away that fast but with persistence and determination to FIX the problem rather than making the pain stop temporarily. I still have to do maintenance to be sure the problems don't come back but now I know what to fix when I get a twinge somewhere and I take care of it right away. Way easier to spot treat a tiny problem than to have to fix your whole body. Great investment. I take it when I travel just in case and have a copy at home and at work. Definitely a life saver. Buy it! If you want to fix your problem instead of seeing doctors and taking drugs to keep going this will improve your quality of life!

I got this for a friend who's in prison he said that a lot of people had this book in there and they use it to take care of joint pains and look up exercises to work certain muscles to repair some damage nobody loves their stuff out too much in there so he wanted his own copy he loves it he hasn't gotten this one yet but he's been using various peoples trigger point therapy workbook a lot

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Pain Relief Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch Trigger Point Self-Care Manual: For Pain-Free Movement Beginner’s Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy

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