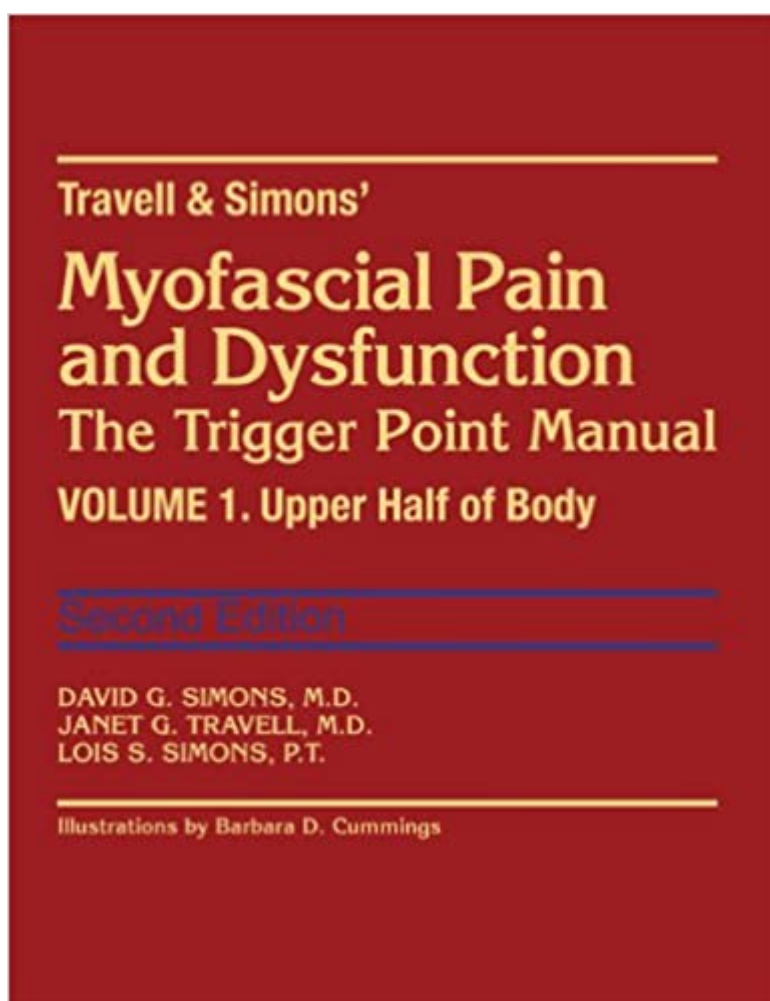


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Myofascial Pain And Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half Of Body



Synopsis

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.

Book Information

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Customer Reviews

In depth, the best illustrations of muscles I have ever seen. Includes tests to determine trigger point presence. Comprehensive diagnostic differentials. So expensive but I consider them an investment. Simply the best. Too bad Dr. Travell was so stuck on spray and inject- not necessary.

I think this is by far the best book I have read on the matter of myofascial pain. This book is well written and can be understood easily. The book contain numerous pictures which aids the understanding. What I like the most about this book is that apart that it teaches how to eliminate the trigger points, its also teaches the reader how to prevent it by specific exercises and habitual changes. Overall, I would like to recommend this book to the readers who seek to understand myofascial pain better.

I'm starting a headach/migraine center in my dental practice. Although I'm using ultramodern sports medicine technology for the therapy, this text is absolutely wonderful in understanding the

fundamentals as well as the tradition of myofascial pain therapy. This text is #1 on my bookshelf..for my team as well as myself. Well worth the investment and the reading time.

This book is amazing! Learning about your trigger points can change how you react to aches and pains in your body!

If you are a health care professional providing this kind of care this is the book to get!

best books in the world

Good condition and highly recommended for anyone treating musculoskeletal problems for clients or patients. The illustrations are fantastic and the information is evidence-backed for when the book was written.

ok

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Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) 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)
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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) 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) Trigger Point Self-Care Manual: For Pain-Free Movement The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e The Frozen Shoulder Workbook: Trigger

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