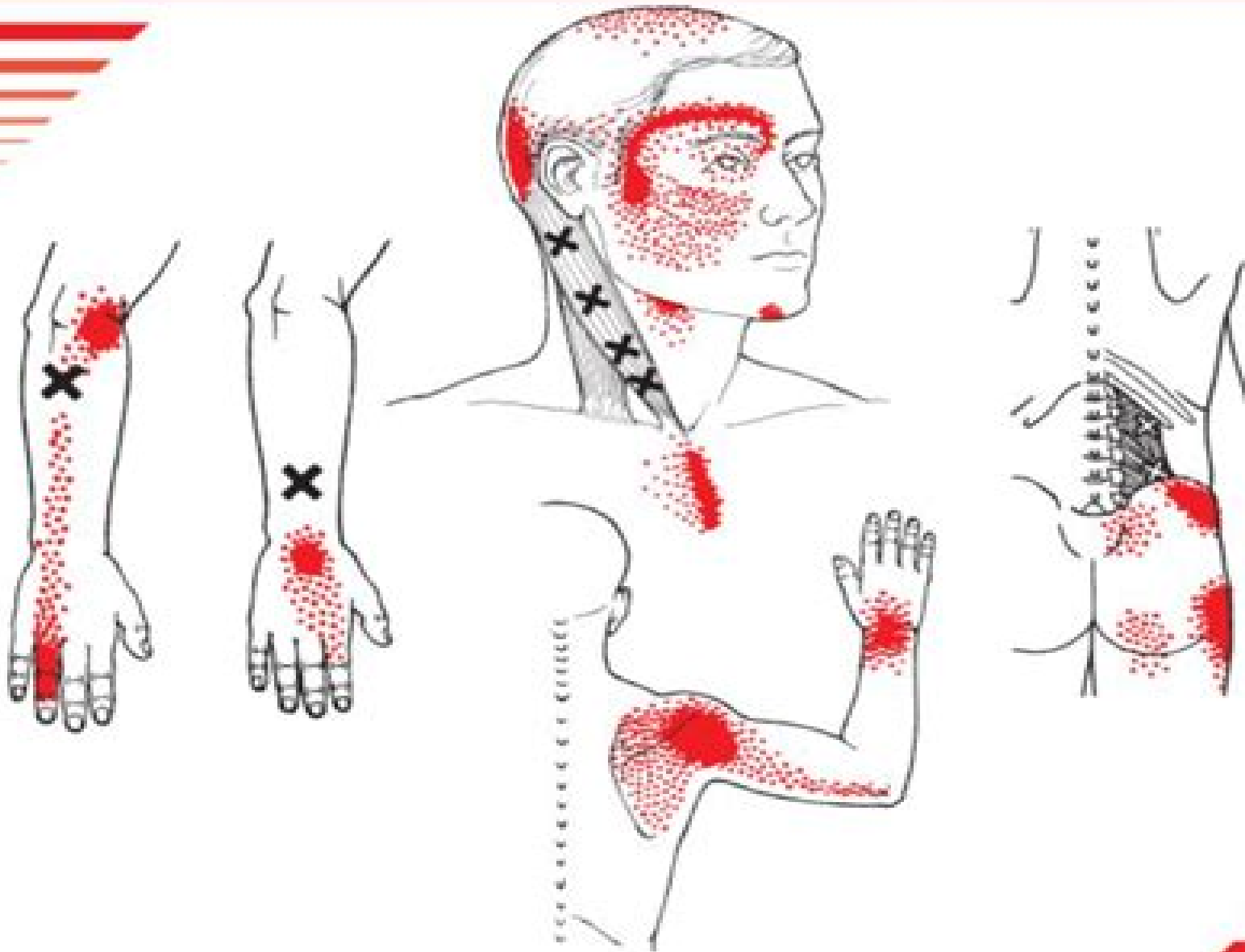


# TRAVELL & SIMONS TRIGGER POINT FLIP CHARTS



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**Sharon Sauer, Mary Biancalana**



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*Myofascial Pain and Dysfunction* David G. Simons, Janet G. Travell, Lois S. Simons, 1998-11 Doody's Core Titles 2009

**Trigger Point Pain Patterns** Janet G. Travell, David G. Simons, 1993 Trigger Point Pain Patterns Wall Charts

**Myofascial Pain and Dysfunction** Janet G. Travell, *Trigger Point Therapy for Low Back Pain* Sharon Sauer, Mary Biancalana, 2010 This book presents Sauer's trigger point therapy protocols for lumbar buttock and ilio sacral pain These gentle techniques are easy to learn and administer at home and include compression stretching and range of motion exercises for the muscles that refer pain to the lower back and hip areas [The Trigger Point Therapy Workbook](#) Clair Davies, Amber Davies, 2013-09-01 This new edition of the bestselling Trigger Point Therapy Workbook outlines user friendly and updated methods of self massage to help relieve pain This edition also contains new techniques drawings and tips to help readers find and treat trigger points **Pain Relief with Trigger Point Self-Help** Valerie DeLaune, 2004-12 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 home page of this multi media book on Flashdrive has a photo of a body where you can place your computer cursor over your area of pain With a mouse click a drop down list of muscles that may contain trigger points appears By clicking on the muscle chapter links your browser takes you to each pertinent chapter You'll find illustrations of common pain referral patterns that you can compare with where you feel pain and this will help you figure out where the common trigger point causing your pain are located Along with outlining the common symptoms and causes for trigger points for each muscle the author has provided lists of helpful hints for resolving trigger points A written text describes self help techniques and you can click on an icon for a video demonstration The introductory chapters include detailed information on the physiology of trigger points general guidelines for self help techniques and descriptions of therapies that can help resolve trigger points A comprehensive chapter on factors that cause and keep trigger points activated such as nutritional problems illness misfitting furniture sleep problems hormonal imbalances joint misalignments injuries and emotional factors helps you identify things that keep your pain coming back Numerous suggestions help you resolve those factors for lasting relief This state of the art Flashdrive draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 30 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc [Fundamentals of Trigger Point Therapy](#) Landsley M Pickford, 2019-04-25 FUNDAMENTALS OF TRIGGER POINT THERAPY Step by Step Guide for The Treatment of Myofascial Pain Dysfunction Fibromyalgia and Other Related Ailments Have you been looking for the best possible ways to deal with muscle knots myofascial pain chronic inflammation and other related health issues Are you tired of

taking different pills which has little or no effect on health improvement No doubt you may have heard about trigger point therapy and still look skeptical and feel it is just a hype No it is not a hype it has been verified scientifically that trigger point therapy is one of the major health breakthroughs in the medical world With the introduction of this book titled Fundamentals of Trigger Point Therapy you will be educated generally on how this therapy works and how to use it to detect and release painful trigger points without compromising your general health condition These trigger points are small sensitive tender knots in muscles and ligaments which causes neck pain fibromyalgia shoulder pain etc This manual will also reveal safety precaution and side effects these and many more other amazing health tips This book is comprehensive and very easy to understand Get a download of it by scrolling up and clicking BUY NOW     **Trigger Point 2 Chart Set** Anatomical Chart Company,Acc,2001-01-01 This set of 2 charts Trigger Points Torso and Trigger Points Extremities clearly labels the specific muscles that are affected by trigger points Colorfully illustrated are the exact trigger point locations primary and secondary pain sensitive zones as well as origins and insertions on the skeleton for many of the impacted muscles Size 20 x 26 each

Trigger Point Therapy for Lower Back and Gluteal Pain Valerie DeLaune,2013 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 Conditions such as pain in the lumbar and buttocks area sciatica or pseudo sciatica piriformis syndrome and lumbago are addressed Trigger points may also cause symptoms such as diarrhea menstrual pain nausea vomiting belching testicular pain frequent urination and other symptoms 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     **Trigger Point Therapy for Lower Back and Gluteal 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 Conditions such as pain in the lumbar and buttocks area sciatica or pseudo sciatica piriformis syndrome and lumbago are addressed Trigger points may also cause symptoms such as diarrhea menstrual pain nausea vomiting belching testicular pain frequent urination and other symptoms 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

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