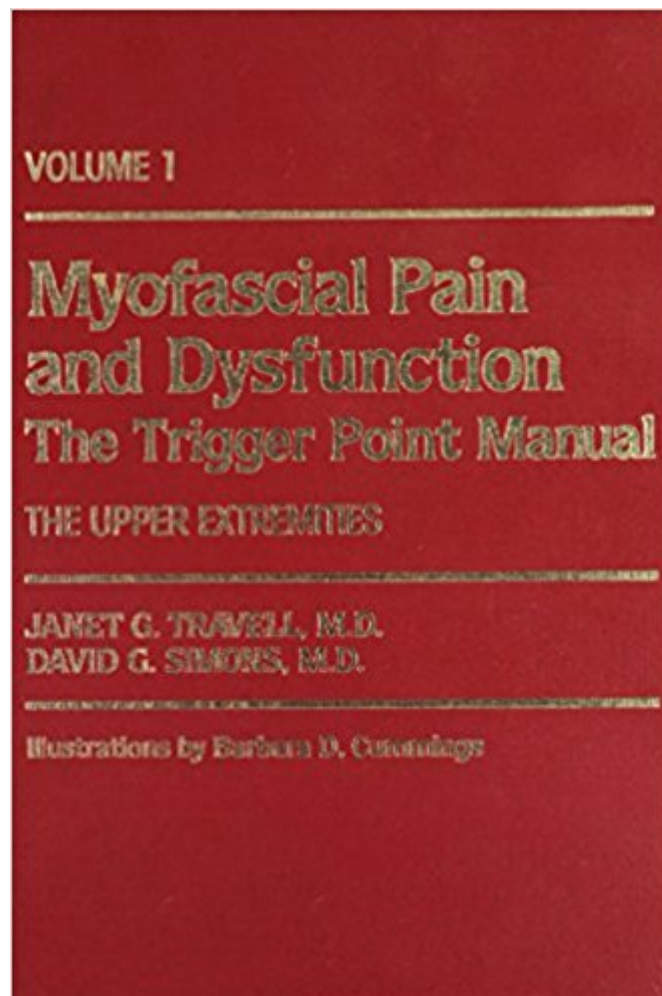




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Myofascial Pain And Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities



Synopsis

...provides a muscle-by-muscle description of how trigger points refer pain to other parts of the body.

Book Information

Hardcover: 713 pages

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Best Sellers Rank: #129,829 in Books (See Top 100 in Books) #23 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Rheumatology](#) #24 in [Books > Medical Books > Allied Health Professions > Chiropractic](#) #32 in [Books > Medical Books > Medicine > Internal Medicine > Rheumatology](#)

Customer Reviews

I attended a myofascial pain workshop and learned the techniques from this book. I use them weekly and they really work. The books are exceptional and go into great deal. A super reference for the therapist who does hands on pain relief treatments. Would also be good for the advanced level massage therapist. This is the bible for neck and upper extremity pain relief. Bookseller was great....arrived very quickly

This is the best book you will read about myosofacial pain, trigger point therapy, and the right treatment for each muscle system. It should be required reading in every College for the training of physical therapists as well as in medical schools. When all is lost and you are in pain with no easy answers, get down on your knees and pray that you can find Dr. Janet Travel, MD.

This book, written for physicians and based on years of research, is a must for anyone who either works with someone suffering with myofacial pain and trigger points, or those that are suffering with the condition. Although the text also contains vivid drawings and techniques of "dry needling" the trigger points; which would only be done by a doctor with the training to do this; the book has

invaluable information about the origins of myofascial pain and all of the symptoms that accompany this syndrome. This book only covers the upper body. I am waiting for the opportunity to purchase the second volume about the lower body. If the book was to be redone, I would love to see it in one volume without all the advice about the dry needling, so that everyone who is interested in this topic (but is not a physician who does dry needling) would have the ability to access and benefit from Drs. Travell and Simon's excellent research.

I was looking for something more straight forward, too much details. Not for me.

My go to book for myofascial pain!

This book is 1 of a 2 volume set and is a must for my massage and bodywork practice..... it keeps the guess work out and helps me know exactly which muscles I need to work and leaves my clients and me happy!!!!!!!

Great book

The book is almost a requirement for any serious healer or body worker. My copy was actually a signed edition. Not bad since the cost was less than \$30.00 including shipping.

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Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities
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Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point
Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health
Solutions Book 3) 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) Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch
Trigger Points: Understanding Myofascial Pain and Discomfort Trigger Finger Cure: A
Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain,
Ipad and Smartphone Finge 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 Integrative Manual Therapy for the Upper and Lower Extremities The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)

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