

3RD EDITION

THE
CONCISE BOOK
OF
TRIGGER
POINTS

A PROFESSIONAL AND SELF-HELP MANUAL



SIMEON NIEL-ASHER

The Concise Of Trigger Points

Giles Gyer, Jimmy Michael, Ben Tolson

The Concise Of Trigger Points:

The Concise Book of Trigger Points Simeon Niel-Asher, 2008 Most muscular aches and pains are caused or affected by untreated trigger points localized tender spots in muscles Understanding and treating these points can lead to rapid and lasting pain relief Trigger point therapy is a powerful tool in the management of both acute and chronic pain including such common problems as headaches TMJ syndrome and back pain Written in a straightforward style *The Concise Book of Trigger Points* is designed for the student and practitioner of massage bodywork physical therapy physiotherapy osteopathy sports therapy and any other health related field It functions both as an entry level textbook and an authoritative reference for even the most experienced therapist The first four chapters describe the physiology of trigger points and the general methods of treatment The following six chapters are organized by muscle groups each two page spread features detailed color illustrations of each major skeletal muscle accompanied by an explanation of each muscle s origin insertion action and function The physiological implications of the trigger points in each muscle are discussed along with treatment techniques This edition contains updated text and a self help section addressing common pain complaints including headache neck pain shoulder pain lower back pain and TMJ syndrome

The Concise Book of Trigger Points, Third Edition Simeon Niel-Asher, 2014-09-16 Most muscular aches and pains are caused or affected by untreated trigger points localized tender spots in muscles Understanding and treating these points can lead to rapid and lasting pain relief Trigger point therapy is a powerful tool in the management of both acute and chronic pain including such common problems as headaches TMJ syndrome and back pain *The Concise Book of Trigger Points* has set the gold standard for providing a clear understanding of the treatment of trigger points Designed for the student and practitioner of massage bodywork physical therapy physiotherapy osteopathy sports therapy and any other health related field it functions both as an entry level textbook and an authoritative reference for even the most experienced therapist This updated third edition includes new self help and practitioner treatment guidelines for each muscle discussed covering cutting edge trigger point theory and practice The opening chapters describe the basics of trigger points and include detailed therapeutic protocols Chapters seven through twelve are organized by muscle groups with detailed color illustrations of each major skeletal muscle In addition respected osteopath Simeon Niel Asher discusses the physiological implications of the trigger points in each muscle and techniques for treatment and addresses the most common pain complaints including headache neck pain shoulder pain lower back pain and TMJ syndrome This is a must have manual for students professional hands on therapists and those who wish to gain a greater knowledge of trigger point therapy This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles The text is clear with detailed information about the presentation of syndromes in each body region and the illustrations show the referred pain patterns clearly Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms Dr Bob Gerwin MD FAAN Medical Director and President Johns Hopkins

University School of Medicine Baltimore Maryland Simeon Niel Asher has improved on an already wonderfully descriptive book on myofascial pain trigger points and syndromes The text is clear the diagrams excellent and the overall result is an excellent resource Dr Simon Vulfsons MD Board Certified in Internal Medicine and Pain Management Director the Institute for Pain Medicine Rambam Health Care Campus Haifa Israel This book is a must have for manual therapists serious about their craft as well as for serious self treaters who want to take their level of understanding and treatment independence to a higher level The book is extremely well organized well written and concise The illustrations are beautiful and accurate Jonathan Reynolds Director TOLA systems **The Concise Book of Dry Needling** John Sharkey,2017-03-28 A major development in the safe and effective treatment of myofascial trigger points and myofascial pain this book is a concise comprehensive and well illustrated reference on dry needling John Sharkey an international authority on myofascial trigger points myofascial pain myofascial trigger point dry needling and neuromuscular therapy as well as an accredited clinical anatomist draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine filiform needle The ideal accompaniment to course notes and the perfect tableside reference guide this book describes the origin etiology and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling Instructive illustrations support the text along with standards and guidelines that ensure safe effective and appropriate application Physical therapists including osteopaths chiropractors neuromuscular therapists soft tissue therapists physiotherapists and sports massage therapists will find this guide indispensable Because Sharkey explains why so many people have unresolved chronic pain and provides clear explanations of how pain is propagated the book is also an invaluable source of information for patients with chronic pain and their care providers [The Concise Book of Trigger Points](#) Simeon Niel-Asher,2014-08-01 A Professional and Self Help Manual 3rd edition *The Concise Book of Trigger Points, Third Edition* Simeon Niel-Asher,2014-09-16 Since publication almost ten years ago The Concise Book of Trigger Points has been translated into over twenty languages and become a best seller worldwide This new edition has been completely updated with current research evidence and advanced techniques for manual therapy practitioners and includes simple self help protocols that the layperson can do at home Containing full color illustrations this compact reference guide explains how to treat chronic pain through trigger point tender painful nodules that form in muscle fibers and connective tissues The easy reference format presents useful information about the trigger points relating to the main skeletal muscles which are central to massage bodywork and physical therapy The first six chapters provide a sound background to the physiology of trigger points and the general methods of treatment Chapters 7 through 12 are organized by muscle group with the information about each muscle presented in a uniform accessible style Each two page spread gives detailed anatomical information referred pain patterns plus key trigger point information practitioner protocols and self help information and

drawings This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles The text is clear with detailed information about the presentation of syndromes in each body region and the illustrations show the referred pain patterns clearly Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms Dr Bob Gerwin MD FAAN Medical Director and President Johns Hopkins University School of Medicine Baltimore Maryland Simeon Niel Asher has improved on an already wonderfully descriptive book on myofascial pain trigger points and syndromes The text is clear the diagrams excellent and the overall result is an excellent resource Dr Simon Vulfsons MD Board Certified in Internal Medicine and Pain Management Director the Institute for Pain Medicine Rambam Health Care Campus Haifa Israel This book is a must have for manual therapists serious about their craft as well as for serious self treaters who want to take their level of understanding and treatment independence to a higher level The book is extremely well organized well written and concise The illustrations are beautiful and accurate Jonathan Reynolds PhD PT co owner and founder of Reynolds Rehabilitation Enterprises Understanding Fascia, Tensegrity, and Myofascial Trigger Points John Sharkey,2025 This book describes the concepts of fascia focused therapies that are used to treat soft tissue pain and injury and the steps to include them alongside medical exercise interventions It focuses on treating fascial adaptations MTrPs local ischemia neural interferences postural and biomotional dysfunctions nutritional factors and emotional well being **The Pocket Atlas of Trigger Points** Simeon Niel-Asher,2023-09-19 A simple go to guide to treating chronic pain with trigger point therapy for physical therapists bodyworkers and patients From the bestselling author of The Concise Book of Trigger Points This pocket sized guide covers practical information about the trigger points the painful knots that can form in tissues like muscles and fascia that are central to addressing chronic pain with massage bodywork and physical therapy Full color illustrations and charts help practitioners students and patients identify trigger points and address referred pain patterns with ease The first chapter introduces relevant information on fascia and myofascial meridians and provides an overview of trigger point symptoms classification and formation Subsequent chapters are organized by muscle group and feature concise yet comprehensive sections on each of the main skeletal muscles and their trigger points Conditions that commonly occur in the general population such as headaches and back pain are explored for all of the muscle groups including the muscles of the Face head and neck Trunk and spine Shoulder and arm Forearm and hand Hip and thigh Leg and foot Written in clear accessible language this go to guide offers a wealth of knowledge to the lay reader the student or the practitioner **The Concise Book of Neuromuscular Therapy** John Sharkey,2008 A manual teaching the techniques of neuromuscular therapy NMT and how to combine it with medical exercise interventions for the treatment of soft tissue pain and injury Provided by publisher **Healing through Trigger Point Therapy** Devin J. Starlanyl,John Sharkey,2013-10-22 This book is about empowerment for chronic pain patients and care providers alike Every chronic pain condition has a treatable myofascial trigger point component including fibromyalgia Many of the localized symptoms now considered as fibromyalgia are actually

due to trigger points The central sensitization of fibromyalgia amplifies symptoms that trigger points cause and this book teaches care providers and patients how to identify and treat those causes Chronic myofascial pain due to trigger points can be body wide and can cause or maintain fibromyalgia central sensitization Trigger points can cause and or maintain or contribute to many types of pain and dysfunction including numbness and tingling fibromyalgia irritable bowel syndrome plantar fasciitis osteoarthritis cognitive dysfunctions and disorientation impotence incontinence loss of voice pelvic pain muscle weakness menstrual pain TMJ dysfunction shortness of breath and many symptoms attributed to old age or atypical or psychological sources Trigger point therapy has been around for decades but only recently have trigger points been imaged at the Mayo Clinic and National Institutes of Health Their ubiquity and importance is only now being recognized Devin Starlanyl is a medically trained chronic myofascial pain and fibromyalgia researcher and educator as well as a patient with both of these conditions She has provided chronic pain education and support to thousands of patients and care providers around the world for decades John Sharkey is a physiologist with more than twenty seven years of anatomy experience and the director of a myofascial pain facility Together they have written a comprehensive reference to trigger point treatment to help patients with fibromyalgia myofascial pain and many other conditions This guide will be useful for all types of doctors nurses therapists bodyworkers and lay people facilitating communication between care providers and patients and empowering patients who now struggle with all kinds of misunderstood and unexplained symptoms Part 1 explains what trigger points are and how they generate symptoms refer pain and other symptoms to other parts of the body and create a downward spiral of dysfunction The authors look at the interconnection between fibromyalgia and myofascial trigger points and their possible causes and symptoms identify stressors that perpetuate trigger points such as poor posture poor breathing habits nutritional inadequacies lack of sleep and environmental and psychological factors and provide a list of over one hundred pain symptoms and their most common corresponding trigger point sources Part 2 describes the sites of trigger points and their referral patterns within each region of the body and provides pain relief solutions for fibromyalgia and trigger point patients and others with debilitating symptoms Pain treatment plans include both self help remedies for the patient stretching or postural exercises self massage techniques and prevention strategies as well as diagnostic and treatment hints for care providers Part 3 offers guidance for both patients and care providers in history taking examination and palpation skills as well as treatment options It offers a vision for the future that includes early assessment adequate medical training prevention of fibromyalgia and osteoarthritis changes to chronic pain management and possible solutions to the health care crisis and a healthier version of our middle age and golden years asserting that patients have a vital role to play in the management of their own health

The Concise Encyclopedia of Fibromyalgia and Myofascial Pain Roberto Patarca Montero, 2024-11-01 An A to Z look at these crippling disorders Compiled by one of the foremost researchers in the field of immunology The Concise Encyclopedia of Fibromyalgia and Myofascial Pain is an A to Z summary of current

knowledge that updates patients and health care professionals on these disabling clinical disorders This vital information has been organized in an easy to use format that lets you become familiar with highlights of the most relevant topics The Concise Encyclopedia of Fibromyalgia and Myofascial Pain gives you immediate access to the latest advances in rheumatology cardiovascular medicine endocrinology epidemiology immunology infectious diseases neurology psychiatry and psychology that form the basis for new lines of research and therapeutic intervention This comprehensive reference summarizes information published mainly in the last decade providing a thoughtful and balanced resource that will educate and increase awareness of these often misdiagnosed disorders The Concise Encyclopedia of Fibromyalgia and Myofascial Pain allows easy access to relevant case study findings summarized to provide the answers you need evidence based alternative medicine approaches pertinent findings on related disorders an extensive bibliography Comprehensive and thorough The Concise Encyclopedia of Fibromyalgia and Myofascial Pain gives you the information you've been looking for on these painful disorders that affect more than six million Americans This important book gives health care professionals a greater understanding and awareness of fibromyalgia and myofascial pain and gives patients help at their fingertips Concise Book of Trigger Points, 4th Edition Simeon Neil-Asher, 2022-04 *The Manual of Trigger Point and Myofascial Therapy* Dimitrios Kostopoulos, Konstantine Rizopoulos, 2024-06-01 The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the evaluation and treatment of Myofascial pain and musculoskeletal dysfunction This user friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome The research is the most current and up to date available on the pathogenesis of Myofascial dysfunction clinical symptoms physical findings as well as diagnostic criteria Treatment methods and techniques are also covered in a comprehensive and step by step format The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting The muscle page contains a plethora of information for the reader including muscle origin insertion location of trigger points referenced pain patterns myofascial stretching exercises positive stretch signs and biomechanics of injury Extensive full color illustrations and pictures include treatment techniques therapeutic interventions and patient home exercise programs This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment

Dry Needling for Manual Therapists Giles Gyer, Jimmy Michael, Ben Tolson, 2016-01-21 Designed to be a go to reference for assessment and treatment planning in the clinic this is a clear and concise handbook for students and practitioners of dry needling or medical acupuncture It includes Comprehensive medical illustrations demonstrating trigger point locations and

associated pain referral patterns Easy to follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques Dedicated section on the acupuncture treatment of tendinopathy Vital information on palpation and correct needling techniques Practical guidance on best practice safety and treatment planning Overviews of the history and key principles of Traditional Chinese medicine and acupuncture Up to date research on the effect of acupuncture in the treatment of MSK conditions myofascial pain trigger points MTrPS fascia and pain The book will be an essential aid for osteopaths physiotherapists sports rehabilitators chiropractors massage therapists as well as traditional acupuncturists wishing to understand a Western approach on acupuncture Other health professionals incorporating or looking to incorporate dry needling into their treatment programme will also find this book an invaluable resource

Textbook of Remedial Massage Sandra Grace,Jane Graves,2019-09-30 Textbook of Remedial Massage 2e is a comprehensive and practical book for students and practitioners of remedial massage Written by Sandra Grace and Jane Graves the text provides expert instruction in commonly used and highly valued remedial massage techniques including trigger points muscle stretching and myofascial release Each technique is accompanied by step by step illustrations and photographs physiological principles current evidence of efficacy contraindications and precautions Detailed approach to assessments including red flags for serious conditions requiring referral Evidence based approach to assessment and treatment Comprehensive coverage of techniques that are included in remedial massage programs Focus on functional anatomy Assessment videos of major regions of the body and the integration of treatment techniques that are specific to the target tissue

Bowen Unravelled Julian Baker,2014-03-18 For Bowen technique therapists and any bodywork practitioners interested in using a gentle nonintrusive pain relief therapy this book draws on myofascia and connective tissue dissection to explain how the Bowen technique initiates a body wide signaling mechanism to start the process of healing and restore normal function With more than 100 full color images this useful guide helps manual therapists understand how the Bowen technique can help people with back pain neck pain headaches frozen shoulder tennis elbow carpal tunnel syndrome respiratory problems hay fever high blood pressure kidney problems arthritis and knee pain The Bowen technique named after its originator Tom Bowen has been growing in popularity since it was first taught in the 1980s Known for its gentle rolling motions and intentional pauses between moves the technique has been shown to bring extraordinary pain management results with very little pressure on the part of the therapist Yet until now little has been known of the actual workings of this technique Tom Bowen himself called it simply a gift from God and treated thousands of people without trying to understand the processes that drove his results This book fills in the gap in scientific understanding by explaining in anatomical terms what happens during a Bowen technique treatment Author Julian Baker shows how traditional anatomy fails to fully explain the complex biomechanical relationships that make up human movement Each move of the technique is analyzed in depth with an emphasis on the role of fascia and connective tissue

[A Practical Guide to the Self-Management](#)

of Musculoskeletal Pain in Dental Professionals James Tang, 2018-09-30 Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems. While there are numerous books on musculoskeletal pain, there is nothing specific for dental professionals on the holistic approach to the self-management of musculoskeletal conditions. This book is a practical guide; it combines all the different modalities in a logical and systematic programme: firstly by recognising the possible causes of your predicament and secondly by effectively managing it to prevent recurrence.

A Practical Guide to the Self-Management of Lower Back Pain James Tang, 2018-08-13 At the beginning, your back may feel a little sore, but then it starts to get stiff. Before you know it, your muscles start seizing up, causing you to bend over like an old man, unable to move. Soon it may even become chronic. Constantly suffering or becoming addicted to pain medication is no way to live. Life is why James Tang wrote this practical guide to help those who suffer from back pain. Drawing on his experiences as someone who has suffered from lower back pain, he helps you understand its causes and symptoms, examining topics such as obesity, flat feet, sacroiliac joint dysfunction, sleep positions, and diet and sports nutrition. He also highlights how to holistically manage lower back pain via trigger point therapy, flexibility training, and core stability exercises. With the majority of the population spending their working lives in prolonged seated positions, education about posture and back problems has never been more important. Get straightforward advice on preventing, managing, and eradicating pain with *A Practical Guide to the Self-Management of Lower Back Pain*.

Take Back Your Back Beth B. Murinson, 2011-01-01 Primary outcomes from this book, such as better decisions about treatment, will undoubtedly be followed by better clinical outcomes for patients. Rollin M. Gallagher, Deputy National Program Director for Pain Management. Although back pain is common, the fix isn't. *Take Back Your Back* shows you how to diagnose and manage your particular back pain and alerts you to red flags and often misdiagnosed issues that may worsen your condition. Do you have non-radiating pain on one side of the spine? Your issue may be muscle injury, and you need to control inflammation. Does your pain shoot down the leg? You may have a slipped disc that requires physical therapy and possibly surgery. Does your pain worsen with sitting and ease off with walking? You may have sciatic nerve compression and need special stretching exercises. Leading back pain expert Beth Murinson, M.D., director of pain education at Johns Hopkins School of Medicine, brings together the latest science on back pain diagnosis and treatment from medications and surgical procedures to traditional physical therapy to alternative modalities such as acupuncture, meditation, and water and inversion therapies that are showing promise. For each condition and procedure, you'll learn what to expect in the hospital or the doctor's office, what self-therapy solutions you can do on your own, and when to seek out intervention. Detailed illustrations and easy-to-understand descriptions help you select the best treatment options to improve your unique type of back pain and live a back-healthy life.

Relaxed through life: Practical tips for more motivation and serenity Sven Ihrke, 2024-04-30 Do you often feel overwhelmed by daily stress and long for inner peace and serenity? In our hectic world, where everyday stress often takes over

it is a real challenge for many people to maintain inner peace and serenity This book is aimed at all those who long for a way out of the vicious circle of excessive stress and are looking for practical solutions to strengthen their mental health We understand how stressful the daily pressures of work family and other commitments can be and how this can have a negative impact on physical and mental health You are not alone in feeling overwhelmed and anxious We know it can be hard to keep a clear head and focus on what s important when stress takes over Discover proven techniques for coping with stress Find inner peace through mindfulness exercises Integrate practical advice for a more balanced life into your daily routine Learn effective stress management techniques Discover the power of mindfulness for inner peace Integrate practical advice for more balance into your everyday life If you ve tried everything and feel like stress is overwhelming you it s time to explore new ways to boost your mental health and live a more fulfilling life Start your journey to a stress free and fulfilling life today and discover the valuable resources in this book Tidy's Physiotherapy, South Asia edition - E-Book Rajeev

Aggarwal, 2024-12-18 Tidy s Physiotherapy South Asia Edition is a comprehensive book for physiotherapy students as well as physiotherapy professionals It covers fundamentals of physiotherapy Physiotherapy in musculoskeletal conditions Sports injuries Cardiopulmonary conditions Intensive care units Neurological conditions Women s health and Geriatric conditions Salient Features Chapters are revised and updated to meet the need of Physiotherapy students and professionals of India and South Asian countries Chapter wise MCQs have been added in chapters to revise the lessons learnt and help in competitive exams All the chapters are written succinctly with judicious balance of tables pictures boxes and line diagrams including flowcharts Contributors are eminent physiotherapy and medical professionals with vast clinical and academic experience The book has been written according to proposed physiotherapy syllabus by National Commission for Allied and Health care professions New to this Edition 11 New chapters have been added in South Asia edition the chapters are 1 Physiotherapist as a Health Care Professional the Roles and Responsibilities 2 Diagnostic Imaging and Radiology for Physical Therapists 3 Orthotics and Prosthetics 4 Physiotherapy in Intensive care unit 5 Neurological Physiotherapy 6 Physiotherapy in Parkinson s Disease and Other Movement Disorders 7 Geriatric Physiotherapy 8 Yoga in Physiotherapy 9 Domiciliary Physiotherapy 10 Tele Physiotherapy 11 Basic Ergonomics Online six chapters 1 Collaborative Health and Social Care and the Role of Inter Professional Education 2 Clinical Leadership 3 Reflection 4 Changing Relationships for Promoting Health 5 Pharmacology 6 Acupuncture in Physiotherapy

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