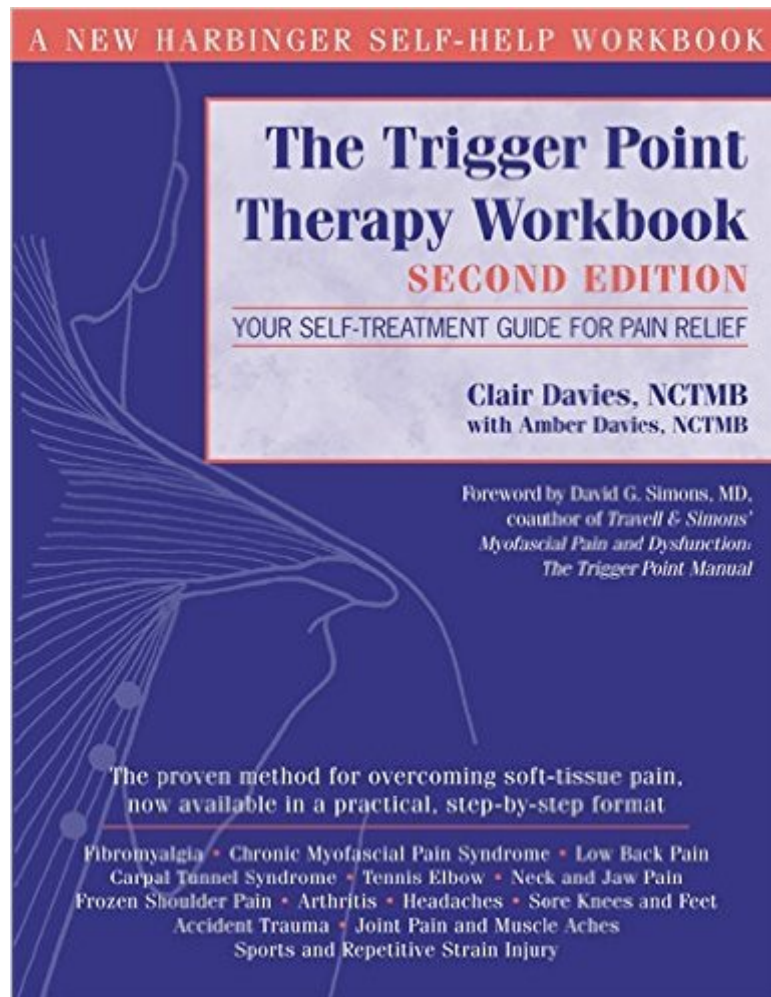


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# The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief, 2nd Edition



## 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 pain—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

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## Customer Reviews

After a full year of severe dysfunction of my right hand, arm, and particularly my right thumb THE TRIGGER POINT THERAPY WORKBOOK revealed to me the astonishing fact that most of my trouble was being caused by 'trigger points' in the scalene muscles of my neck and also in the area

above my clavicle. What could I do about it? Simply massage them away - within half an hour of hitting the correct locations my right thumb (and hand and arm) seemed to heal by about 60%! The rest of the healing took maybe 3 more weeks of finding these things and methodically deactivating them. Other muscles besides the scalene were involved and Clair Davies had them all referenced in the back of the book under "thumb". This is the case for any body part you may need help with, it is all very accessible and easy to find. Needless to say, this book was a miracle in my life - providing a simple solution to a debilitating problem that seemingly did not HAVE any solution (no doctor, acupuncturist, or even most up-to-date-book on repetitive strain injuries seemed to hit upon this stunning information). I went from abject misery to basically playing this strange video game of hunting out and zapping away all these trigger points hidden in my muscles. I found this book fairly late in the healing process, and so it's important to note that another book, IT'S NOT CARPAL TUNNEL SYNDROME! helped me immensely with all of the problems I had that did NOT include trigger points - I would even say that my left side (arm, hand) had healed already by studying what I found in that book alone. But the trigger points were the missing piece.

I was really worried that this book might have been a standard new-age, make-a-buck, quack title. Thank goodness that turned out to be a groundless worry. This is an excellent book (with medical references) that does a very good job of helping you get rid of pain. I had hurt my lower back by performing the arduous task of putting on my underwear. The doctors and physical therapist couldn't really come up with a reason for it. After a month, it still wasn't getting any better. Searching the web gave me references to this book. Within three days of reading it and poking around in my UPPER (not LOWER) back, my thighs, and my abdomen, the pain has faded to just a reminder. I'm still not able to bend and reach like I used to. But, I'm exercising and stretching again, so hopefully that'll change. Best of all, it no longer hurts just to SIT (or lie down or stand, for that matter). After showing my wife that her lower body has just about every active trigger point known, she's also reading the book and working on her points. Hopefully, her pain will reduce in a couple of days, too. The only reason I gave this book four stars instead of five is that it's kind of hard to find and reference ALL the trigger points associated with a specific pain FOR THE FIRST TIME. The book does have a diagram for pain locations at the start of each chapter. But, in many cases, the pain will be caused by multiple trigger points in multiple body locations. It takes quite a bit of paging through the book to figure out what you're supposed to do. Once you figure it out, though, the book is great. Of course, in the author's defense, I can't come up with a better organization method outside of having some kind of software with an anatomical display using hyperlinks.

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