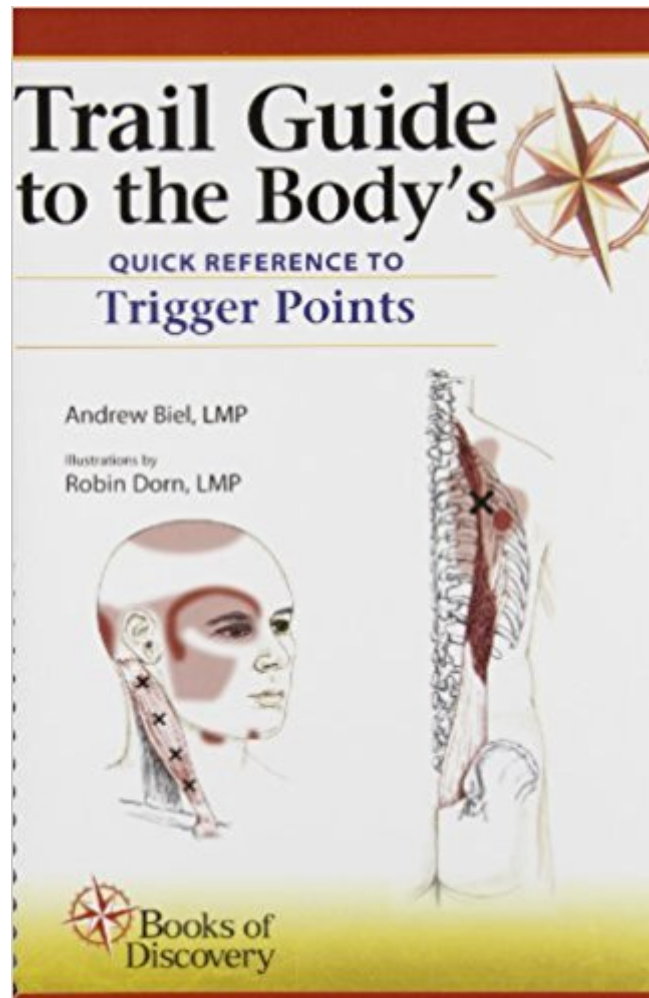




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# Trail Guide To The Body's Quick Reference To Trigger Points



## Synopsis

Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles. Trigger points are hyperirritable spots in skeletal muscle. These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and, when compressed, elicit referred pain, local tenderness or a twitch response. This full-color guide helps you quickly find and treat trigger points in your clients by identifying: Common location of a trigger point in a particular muscle belly Possible causes of trigger points Symptoms and Indications Pain Patterns Associated Trigger Points Differential Diagnoses This concise reference supports manual therapists familiar with Trigger Point therapy, quickly putting trigger points at their fingertips. For those wishing to learn the fundamentals of Trigger Point therapy or study the subject in greater depth, a list of recommended texts is provided. Students and practitioners will value the quality illustrations and easy access to this practical information. 115 pages, 210 images.

## Book Information

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## Customer Reviews

Great little book that makes it easy to find trigger points. Succinct descriptions of points, pain referral patterns and reasons for the trigger point. Wonderfully large illustrations (each covers a single page) makes this a great help to have near the table for quick referral.

Does not show spill over patterns so I cannot use it for school but I will definitely use it for study/quick reference when I'm done with school.

I found the pictures clear and easy to follow for guidelines to finding trigger points. The reference points are divided into muscle groups. Luckily the book is easy to flip through to find the symptoms. It would have been better to follow if they had a guide listing symptoms and then showing which muscles to go to.

We used Trail Guide to the Body text in Massage School and I fell in love with the practical teaching, the online resources and the Apps. Now that I'm focusing on Trigger Points as a Massage Therapist - this little companion is PERFECT - I keep it with me. I gave 4 stars because it IS the same section from the text book just condensed. Love this line of resources and Andrew Biel!!

Best Anatomy & Physiology text on the market. Enclosed CD is an additional excellent learning tool. Everything works in this book--text, diagrams, presentation, ease of learning and CD.

Clear and easy description on how this might work. A good book that lacks the depth of his other books. Slightly disappointing, but still a nice addition to my professional library.

Excellent reference guide. Easy to find something in a quick bit of time and figure out what muscle has the trigger point. I am really happy I added this to my collection.

This guide does a nice job in outlining the trigger points and resulting impairment of a muscle group. I would recommend this guide for students and professional massage therapists.

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