

Trigger Point Therapy Stop Muscle Joint Pain Natu

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Healing through Trigger Point Therapy New Harbinger Publications

This edition of the companion volumes Muscle Pain: Understanding the Mech- isms and Muscle Pain: Diagnosis and Treatment is essential reading for those interested in clinical approaches to acute and chronic pain conditions involving muscle tissues and in the mechanisms underlying these conditions. The volumes cover a very important topic in pain medicine, since muscle pain is very common and can often be dif?cult to diagnose and treat effectively. Furthermore, chronic pain involving muscle and other components of the musculoskeletal system increases with age, such that it is a common complaint of those of us who are middle-aged or older. Indeed, as changing population demographics in “west- nized” countries result in higher proportions of the population living longer and being middle-aged and elderly, chronic muscle pain will likely become even more of a health problem. In the case of acute muscle pain, this can often be very intense, and in the short term can limit or modify the use of components of the musculoskeletal system associated with the sensitive muscle. Chronic muscle pain can also be intense, as well as unpleasant and disabling, and it is in many cases the over-riding symptom of most musculoskeletal disorders that are associated with long-term deleterious changes in musculoskeletal function.

Manual Trigger Point Therapy Elsevier Health Sciences

Featured as a single volume, this is a comprehensive guide to possible nerve entrapment syndromes and their management. Each chapter covers a single nerve, or group of closely related nerves, and goes over the clinical presentation, anatomy, physical exam, differential diagnosis, contributing factors, injection techniques, neurolytic/surgical techniques, treatments of perpetuating factors, and complications. Nerve entrapments can occur throughout the body and cause headaches, chest pain, abdominal pain, pelvic pain, low back pain, and upper and lower extremity pain. As an example, one of the most common forms of nerve entrapment syndrome, Carpal Tunnel Syndrome, affects roughly 1 in 20 people in the United States, and is only one of several types of entrapment syndromes possible for the median nerve. Chapters are also extensively illustrated and include 3D anatomical images. The additional online material enhances the book with more than 50 videos - at least 2 for each nerve. This enables readers to easily navigate the book. In addition to a conventional index it includes a “Pain Problems Index” for searching by symptom. Peripheral Nerve Entrapments: Clinical Diagnosis and Management is a long-needed resource for pain physicians, emergency room physicians, and neurologists.

Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body Simon and Schuster

Are you aware that the Trigger point therapy is one of the fastest-growing and most effective pain therapies in the universe? This simplified book addresses the problem of myofascial trigger points which is a tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. 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. Whether you're recovering from an injury, dealing with a chronic condition, or experiencing daily headaches—trigger point therapy can provide pain relief. Those hidden, tender knots in your muscles—also known as trigger points—may be small but they can cause a huge amount of pain. Trigger Point Therapy Made Simple puts healing in your hands so you can stop living in pain and get back to thriving in your life.

Integrative Pain Management Healing Arts Press

Take control of chronic or recurring pain yourself to achieve life-changing results. New science confirms that trigger-point massage is one of the most effective ways to relieve pain. In a uniquely accessible package, Trigger Points gives you 40 simple, step-by-step exercises you can safely use at home to target pain - from long-term, debilitating backache or repetitive strain injury to migraines or acute, post-injury pain. Leading Harley Street therapist Amanda Oswald specialises in working with chronic pain conditions. In this book, she explains how trigger points - small, tender knots of connective tissue - can cause symptoms, either around the trigger point itself or referred to elsewhere in the body. Pressure and massage can release these knots and bring immediate, long-lasting relief. Identify your pain patterns, locate the trigger points responsible using detailed body maps, then find and treat the trigger points accurately and safely. Each exercise shows you how to position your body, different ways to apply pressure, how long to sustain it, and how often to repeat the process for optimal. With Trigger Points you'll get the accurate advice you need to treat your pain yourself - with confidence.

Trigger Points Simon and Schuster

This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated

review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

Atlas of Ultrasound Guided Musculoskeletal Injections Lippincott Williams & Wilkins

Significantly updated with the latest developments in diagnosis and treatment recommendations, Ferri's Clinical Advisor 2020 features the popular "5 books in 1" format to organize vast amounts of information in a clinically relevant, user-friendly manner. This efficient, intuitive format provides quick access to answers on 1,000 common medical conditions, including diseases and disorders, differential diagnoses, and laboratory tests - all reviewed by experts in key clinical fields. Updated algorithms, along with hundreds of new figures, tables, and boxes, ensure that you stay current with today's medical practice. Contains significant updates throughout, covering all aspects of current diagnosis and treatment. Features 27 all-new topics including chronic traumatic encephalopathy, medical marijuana, acute respiratory failure, gallbladder carcinoma, shift work disorder, radial tunnel syndrome, fertility preservation in women, fallopian tube cancer, primary chest wall cancer, large-bowel obstruction, inguinal hernia, and bundle branch block, among others. Includes a new appendix covering Physician Quality Reporting System (PQRS) Measures. Provides current ICD-10 insurance billing codes to help expedite insurance reimbursements. Patient Teaching Guides for many of the diseases and disorders are included, most available in both English and Spanish versions, which can be downloaded and printed for patients.

Myofascial Pain and Dysfunction Elsevier Health Sciences

"A manual for understanding and treating chronic pain associated with trigger points, the tender, painful nodules that form in muscles and connective tissues"--Provided by publisher.

Pain Relief With Trigger Point Self-Help Oas-Global Press

Stop Muscle & Joint Pain Naturally with Easy to use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, Tennis Ball Massage) Do you suffer with aches and pains? Do you have reoccurring injuries? Do you suffer with chronic pain? Have you tried every possible cure only to find that the ache is still there? Are you sick and tired of aches which move from one body part to another? Do you feel battered and beaten after your night's sleep? Well you don't have to feel like this anymore thanks to the wonders of myofascial message, whereby you can treat yourself naturally either with your hands, a massage ball or tennis ball or via a foam roller! There are a great many trigger points, which can be used quite successfully to treat a variety of conditions. In this short practical guide, we are going to focus upon the top ten essential trigger points, trigger points which can be used in everyday life by the majority of people. Some of the deeper trigger points, seen deep inside the thigh and pelvis, can be a little hard to reach but for most people, with some effort, they should be either able to treat themselves or if necessary a friend or family member should be able to treat them effectively, through manipulation of the relevant trigger points. Can we Really Treat Ourselves? Trigger points are atypically deployed by physical therapists, osteopaths, naturopaths and masseurs. So considering all of these people are highly qualified, and of course they are standing over the patient, where they can apply considerable force, is there any point in trying to treat ourselves? Well, obviously we cannot expect the same result, while working on ourselves, than that which we might receive if we go to a professional therapist. However, just because the result will be less effective, does not mean that we cannot give it a go. Also, treating oneself, in no way diminishes the role of the therapist. Rather, it makes the role of the therapist more meaningful, because a patient, who takes an active interest in their treatment and makes an effort to assist the healing process, while in the comfort of their own home, is actually making the healing effort more effective and is more likely to return to a therapist for further assistance. So if you are sick of having persistent aches and pains and want to do something proactive about ti, then read this book today! **Massage Therapy** Warner Books (NY)

Stop Muscle & Joint Pain Naturally with Easy to use Trigger Point Therapy (Foam Rolling, Myofascial Massage and Deep Tissue Massage). This book, Trigger Point Therapy volume two takes of were volume one finishes, adding in an extensive list of easy to use trigger points to treat everyday nagging aches and pains. Do you suffer with aches and pains? Do you have reoccurring injuries? Do you suffer with chronic pain? Have you tried every possible cure only to find that the ache is still there? Are you sick and tired of aches which move from one body part to another? Do you feel battered and beaten after your night's sleep? Well you don't have to feel like this anymore thanks to the wonders of myofascial message, whereby you can treat yourself naturally either with your hands, a massage ball or tennis ball or via a foam roller! There are a great many trigger points, which can be used quite successfully to treat a variety of conditions. In this short practical guide, we are going to focus upon the top twenty essential trigger points, trigger points which can be used in everyday life by the majority of people. Some of the deeper trigger points, seen deep inside the thigh and pelvis, can be a little hard to reach but for most people, with some effort, they should be either able to treat themselves or if necessary a friend or family member should be able to treat them effectively, through manipulation of the relevant trigger points. Can we Really Treat Ourselves? Trigger

points are atypically deployed by physical therapists, osteopaths, naturopaths and masseurs. So considering all of these people are highly qualified, and of course they are standing over the patient, where they can apply considerable force, is there any point in trying to treat ourselves? Well, obviously we cannot expect the same result, while working on ourselves, than that which we might receive if we go to a professional therapist. However, just because the result will be less effective, does not mean that we cannot give it a go. Also, treating oneself, in no way diminishes the role of the therapist. Rather, it makes the role of the therapist more meaningful, because a patient, who takes an active interest in their treatment and makes an effort to assist the healing process, while in the comfort of their own home, is actually making the healing effort more effective and is more likely to return to a therapist for further assistance. So if you are sick of having persistent aches and pains and want to do something proactive about it, then read this book today!

[Fibromyalgia & Chronic Myofascial Pain Syndrome](#) New Harbinger Publications

Myofascial Release at Home Suffering from myofascial pains can be very distressing especially if you don't understand the causes behind the pain. Understanding fascia is crucially important on your journey to a pain free life. The pain you feel in one part of your body can often be caused by muscle knots elsewhere in your body. This is called the referred pain, which is the common symptom of myofascial trigger points. After reading this book, you will be understand fascia and the role it plays in your pain. This book contains effective and easy self treatment methods to do myofascial release at home and describes all the possible causes of myofascial pain along with their self-treatments in detail. Myofascial Release at Home is a must-read for anyone suffering from myofascial pains, with drug free, powerful and effective methods and tools to achieve life-changing results.

About the author: Robert Ryder is a retired doctor in Chicago, USA, specialized in physiotherapy and myofascial release. He has helped countless people with myofascial pain, including athletes. He had also suffered from myofascial pain before he became specialized in treating it. Some of his patients lived too far away and couldn't travel to his practice often enough but still wanted to do myofascial release at home. That's how the idea of his book was born: to help people to do myofascial release at home. Covered in this book; anatomy of muscle, anatomy of fascia, commons reasons for myofascial pain, foam rollers, history of myofascial techniques, indications and contra-indications, massage, myofascial release balls, nutritional aspects, pre and post treatment guidelines, prevention, risk factors, stretching, tender points, what will you be able to achieve.... and much more.

[The Trigger Point Therapy](#) Elsevier Health Sciences

DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 11. Biceps Tendinitis -- DEFINITION -- SYMPTOMS -- PHYSICAL EXAMINATION -- FUNCTIONAL LIMITATIONS -- DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 12. Biceps Tendon Rupture -- DEFINITION -- SYMPTOMS -- PHYSICAL EXAMINATION -- FUNCTIONAL LIMITATIONS -- DIAGNOSTIC STUDIES -- TREATMENT -- POTENTIAL DISEASE COMPLICATIONS -- POTENTIAL TREATMENT COMPLICATIONS -- Chapter 13. Glenohumeral Instability -- DEFINITIONS

[Trigger Point Therapy with the Foam Roller](#) Elsevier Health Sciences

It's time to change the way we assess, treat and manage headache pain. If you suffer from chronic headache or migraine, you know that headaches can rule your daily life as you try to avoid triggers, cope with pain, manage unexpected attacks and spend hours trying different cures and searching for an answer. You've had all the scans, taken all the tests, but still don't have a definitive answer as to why you are constantly dealing with frequent, severe headache pain. Without an answer, the medical profession often ends up treating the symptoms, with the long-term use of medication, which can end up making your headaches worse and often come with a range of dangerous side effects. For over 24 years, author and manual therapist, Pablo Tymoszuk, has been successfully treating people with severe, frequent headaches, without the use of pain killers or medication. Combining common sense with manual therapy, the latest studies and years of experience, Pablo has developed a program of effective strategies that minimize the symptoms of headache and migraine, treat the underlying causes and improve the overall health of his patients. By assessing all headaches using a three-component model that considers musculoskeletal, neurovascular and emotional contributions to your pain, Pablo demonstrates how simple, effective life style changes can make a profound difference to the frequency and severity of your headaches, and improve your overall health.

Whether you get headaches when you wake up, headaches behind your eye, at the back of your head or after eating, Pablo explains how the three-component model applies to your situation. A New Approach to Headache and Migraine also examines many of the current popular practices and theories around headache pain management. Pablo shares his insights on the value of identifying diet and environmental triggers, what nausea and aura might be trying to tell you, the impact of hormones, the types of manual therapy you should consider for headache pain, why trigger points are so important, the effectiveness of Botox and the difference between acupuncture and dry needling. Most importantly, you will learn headaches are not all in your head. You aren't imagining the pain you are feeling - it is real and debilitating. Finding strategies that work to alleviate that pain can be life-changing. And literally, the pain is not all in your head. Headache pain is referred pain - you feel the pain in your head, but it starts somewhere else. A New Approach to Headache and Migraine takes you on a journey to learn about the different potential sources of your pain, how to identify them and how to successfully treat them. This book offers a comprehensive range of demonstrated stretches to do at home, introduces the concept of the headache threshold (and how you can stay beneath yours) and provides a headache diary that will help empower you to take charge of your treatment. Rather than promoting a single cure, Pablo helps you understand what he has learnt over his 23 years of professional experience and how that might apply to your unique situation. "I am about long-term solutions and improvements that will put you in control of your condition. I want to do for you what I've done for so many of my clients - help you understand what's happening when you get a headache, give you the tools to find, treat and manage the cause of your headache and encourage you, over time, to be able to reduce the frequency and intensity of future attacks." With clear explanations, in-depth investigations, instructions, case studies and activities, Pablo guides you, step by step, towards a headache-free future.

[Ferri's Clinical Advisor 2020 E-Book](#) Createspace Independent Publishing Platform

The Trigger Points Solution - Using Your Body's Innate Power to Overcome Pain... Without Drugs! This Book Explains Everything You Need To Know About Trigger Points! If you suffer from chronic pain, then this book is FOR you. Trigger points are small, concentrated knots of muscle tension that, when stimulated, can cause excruciating pain. Trigger point therapy works by releasing the tightness of these knots, helping your body to heal faster and relieving pain, which is the first step to healing. If you want to find out how to prevent and treat the most common trigger points, you're in the

right place. This book will help you understand the anatomy of the muscles, the physiology of pain, and how to develop a safe, effective treatment plan for a lifetime of relief from chronic trigger points. Pain doesn't have to be an inevitable part of life, and it doesn't have to last forever. We can use self-treatment techniques to effectively manage and control pain and eliminate unnecessary suffering and damage. In this book you will discover the secret to stopping almost all pain quickly & naturally. The majority of chronic pain sufferers have no idea what to do to relieve their pain, or why they can't seem to find the relief they are looking for. I have spent the last 10 years researching the root causes of pain, as well as the treatment methods that can actually cure or reduce pain. With this knowledge I created this book, which is the culmination of everything I have learned over the past ten years. This new book has been designed to offer you a safe and reliable self-treatment solution to help eliminate pain. This solution is 100% natural and there are absolutely no side effects. I've wrote down my experience in a new system called "Trigger Point System". In this book you will learn the technique of treating trigger points in your own body without surgery or drugs. Once you know how to use this system effectively, you will be able to stop almost any pain in its tracks. No more pain pills. No more being hooked on painkillers. With this new approach, you can cure your pain in as little as 2 hours a day, without the use of medication. I have personally used this method to cure many people who could not otherwise find relief from their chronic pain. I know you think that acupuncture needles in your body are weird but trust me... they are not. In fact, they are a very effective way to relieve pain - even without drugs! They are also very safe & don't cause long-term damage like drugs can. In Trigger Points: The New Self Treatment Guide to Pain Relief, you will learn how to find your trigger points and how to eliminate them permanently, as well as how to use them safely and effectively to relieve pain for good. Get Your Copy Now!

[Informed Touch](#) Lotus Pub.

This comprehensive review covers the full and latest array of interventional techniques for managing chronic pain. Chapters are grouped by specific treatment modalities that include spinal interventional techniques, nonspinal and peripheral nerve blocks, sympathetic interventional techniques, soft tissue and joint injections, and implantables. Practical step-by-step and evidence-based guidance is given to each approach in order to improve the clinician's understanding. Innovative and timely, *Essentials of Interventional Techniques in Managing Chronic Pain* is a critical resource for anesthesiologists, neurologists, and rehabilitation and pain physicians.

[Muscle Pain: Diagnosis and Treatment](#) North Atlantic Books

From the renowned author of the best-selling *Trigger Point Therapy Workbook* comes this first-ever book of self-care techniques for frozen shoulder, a very common painful and mobility-restricting condition.

[Essentials of Physical Medicine and Rehabilitation](#) Dorling Kindersley Ltd

A practical guide to at-home pain relief with trigger point therapy Whether you're recovering from an injury, dealing with a chronic condition, or experiencing daily headaches—trigger point therapy can provide pain relief. Those hidden, tender knots in your muscles—also known as trigger points—may be small but they can cause a huge amount of pain. *Trigger Point Therapy Made Simple* puts healing in your hands so you can stop living in pain and get back to thriving in your life. Learn the ropes of trigger point therapy with an overview of what causes trigger points, how trigger point therapy works, and what to expect. Organized by muscle, the illustrated, step-by-step instructions will help you find relief from injuries, fibromyalgia, and other myofascial pain conditions with gentle, easy motions and massage techniques. At-home treatment should be simple and effective—and now it is. *Trigger Point Therapy Made Simple* includes: Beyond massage—Treat your muscles and your nervous system in 4 easy steps for maximum long-lasting pain relief. Anatomical aids—Handy anatomical illustrations let you pinpoint where your pain is and show you how to perform the gentle movements that will help you heal. Mind and body—Retrain your brain with a holistic approach to treatment, including helpful habits, breathing exercises, and stress-relief tips. Move better and recover faster with *Trigger Point Therapy Made Simple*.

[The Trigger Point Therapy Workbook](#) Thieme

Treating pain where it originates! Manual trigger point therapy combines mechanical, reflex, biochemical, energetic, functional, cognitive-emotional, and behaviorally effective phenomena. As such, it influences not only peripheral nociceptive pain, but also intervenes in the body's pain-processing and transmission mechanisms. Here you will learn: a systematic, manual-therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction; how to treat the accompanying fascial disorders; and how to prevent recurrences. Key Features: Clinical background of myofascial pain and dysfunction Muscles, trigger points, and pain patterns at a glance Neuromuscular entrapments shown in detail Screening tests und pain guides for all common clinical patterns Manual treatment of trigger points and fasciae Manual Trigger Point Therapy is your one-stop, comprehensive introduction to this fascinating, proven technique.

[Jones Strain-Counterstrain](#) Oxford University Press

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.

Deeper Still Springer Science & Business Media

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain—and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself—without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

Trigger Point Therapy Springer Science & Business Media

Trigger Point Therapy can offer relief to the millions who struggle daily with headache pain. This book explains trigger point theory and then offers a complete program for self care that includes clear illustrations of all techniques.