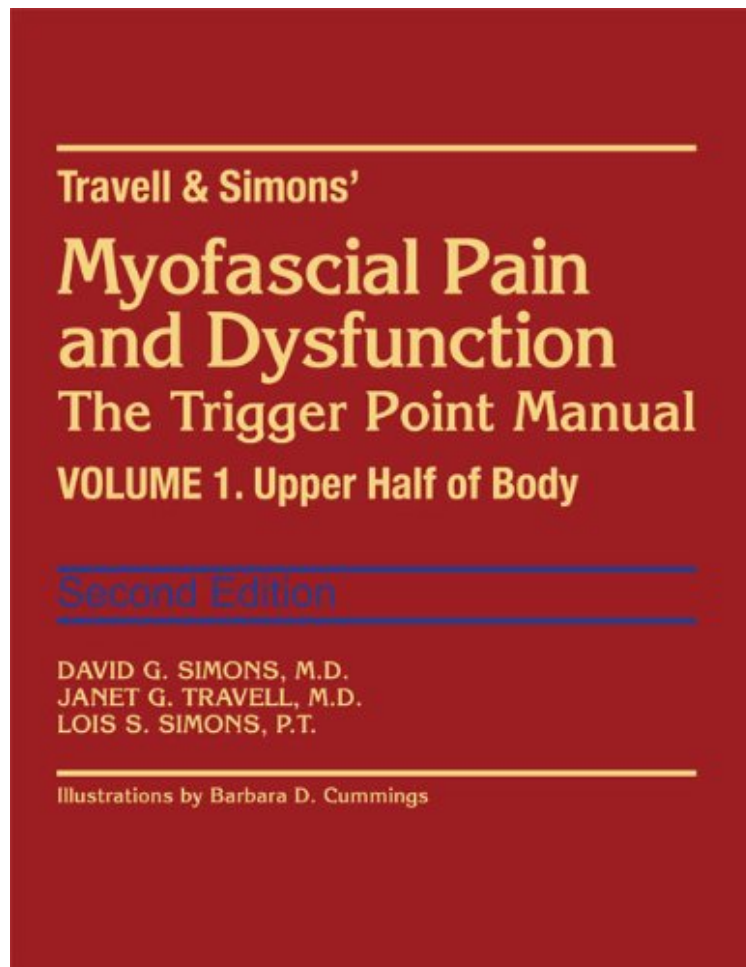


(Read download) Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body

Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body

David G. Simons, Janet G. Travell, Lois S. Simons
DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#40116 in Books Lippincott Williams Wilkins 1998-11-09 Original language: English PDF # 1 2.08 x 6.68 x 10.86l, 4.39 #File Name: 06830836351056 pages | File size: 58.Mb

David G. Simons, Janet G. Travell, Lois S. Simons : Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body before purchasing it in order to gage whether or not it would be worth my time, and all praised Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body:

8 of 8 people found the following review helpful. Expensive, only for the serious body workerBy Penelope BarrettIn depth, the best illustrations of muscles I have ever seen. Includes tests to determine trigger point presence. Comprehensive diagnostic differentials. So expensive but I consider them an investment. Simply the best. Too bad Dr. Travell was so stuck on spray and inject- not necessary.9 of 9 people found the following review helpful. Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 1By P.DibanI think this is by far the best book I have read on the matter of myofascial pain. This book is well written and can be understood easily. The book contain numerous

pictures which aids the understanding. What I like the most about this book is that apart that it teaches how to eliminate the trigger points, its also teaches the reader how to prevent it by specific exercises and habitual changes. Overall, I would like to recommend this book to the readers who seek to understand myofascial pain better. 3 of 3 people found the following review helpful. this text is absolutely wonderful in understanding the fundamentals as well as the tradition ...By hugh s. stewart I'm starting a headach/migraine center in my dental practice. Although I'm using ultramodern sports medicine technology for the therapy, this text is absolutely wonderful in understanding the fundamentals as well as the tradition of myofascial pain therapy. This text is #1 on my bookshelf..for my team as well as myself. Well worth the investment and the reading time.

This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of trigger point release techniques in addition to spray and stretch, and a new chapter on intercostal muscles and diaphragm.