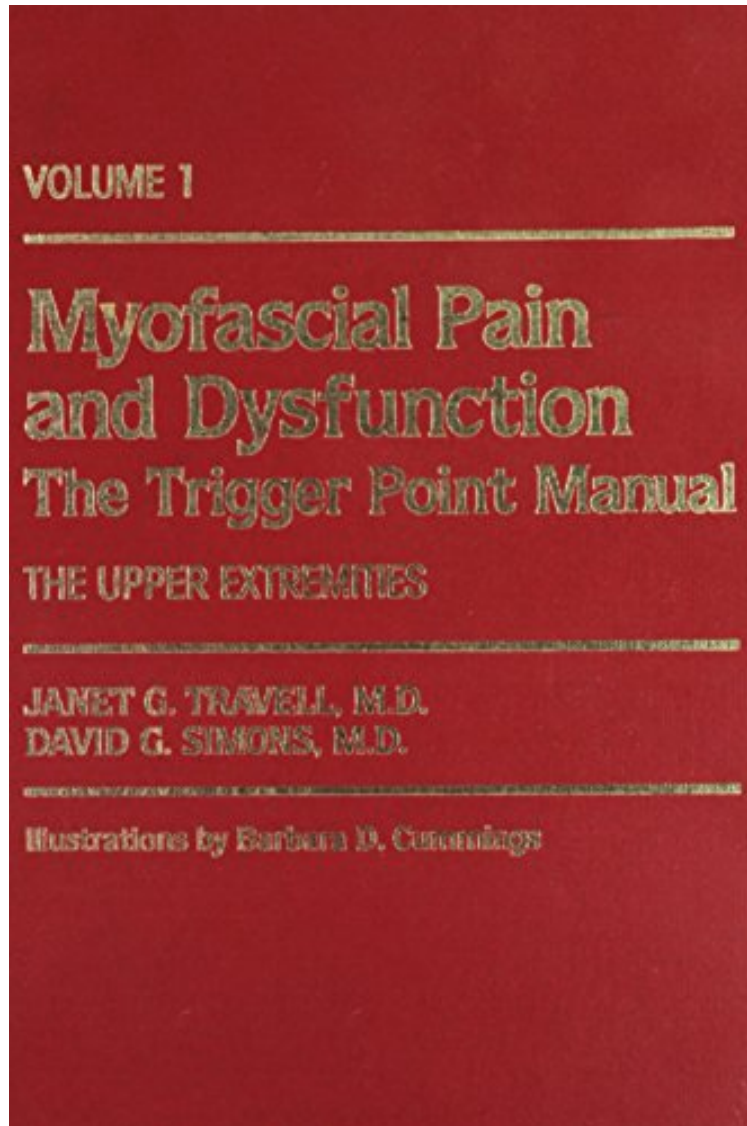


Myofascial Pain and Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities

Janet Travell, David Simons

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exceptional and go into great detail. A super reference for the therapist who does hands on pain relief treatments. Would also be good for the advanced level massage therapist. This is the bible for neck and upper extremity pain relief. Bookseller was great....arrived very quickly2 of 2 people found the following review helpful. The "Bible" of this industryBy GardenerThis is the best book you will read about myofascial pain, trigger point therapy, and the right treatment for each muscle system.It should be required reading in every College for the training of physical therapists as well as in medical schools.When all is lost and you are in pain with no easy answers, get down on your knees and pray that you can find Dr. Janet Travell, MD.0 of 0 people found the following review helpful. A medical reference classic about myofascial painBy Constance L. SlackThis book, written for physicians and based on years of research, is a must for anyone who either works with someone suffering with myofascial pain and trigger points, or those that are suffering with the condition. Although the text also contains vivid drawings and techniques of "dry needling" the trigger points; which would only be done by a doctor with the training to do this; the book has invaluable information about the origins of myofascial pain and all of the symptoms that accompany this syndrome. This book only covers the upper body. I am waiting for the opportunity to purchase the second volume about the lower body. If the book was to be redone, I would love to see it in one volume without all the advice about the dry needling, so that everyone who is interested in this topic (but is not a physician who does dry needling)would have the ability to access and benefit from Drs.Travell and Simon's excellent research.

...provides a muscle-by-muscle description of how trigger points refer pain to other parts of the body.