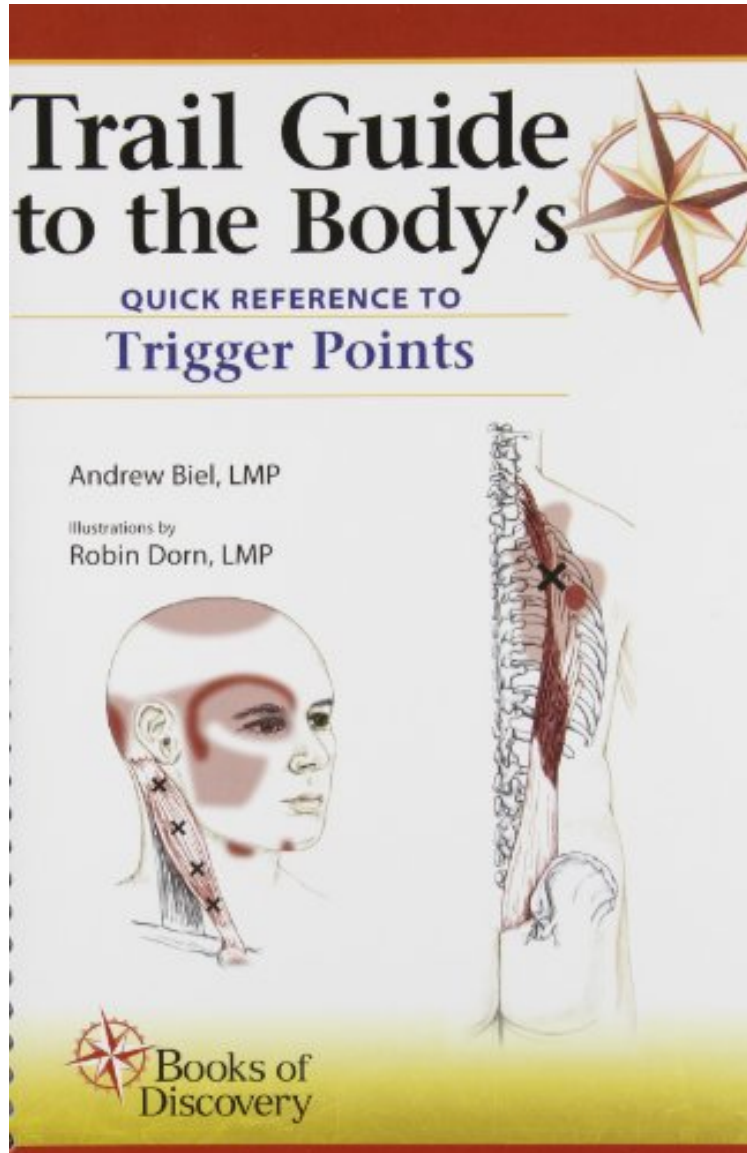


## Trail Guide to the Body's Quick Reference to Trigger Points

*Andrew Biel*

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**Andrew Biel : Trail Guide to the Body's Quick Reference to Trigger Points** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Trail Guide to the Body's Quick Reference to Trigger Points:

12 of 12 people found the following review helpful. Easy to read guide to trigger points By HP Seaton 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. 2 of 2 people found the following review helpful. Does not show spill over patterns so I cannot use ...By MamaBearDoes 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. 6 of 6 people found the following review helpful. Quick reference guide for massage therapistBy carolynI 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.

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.