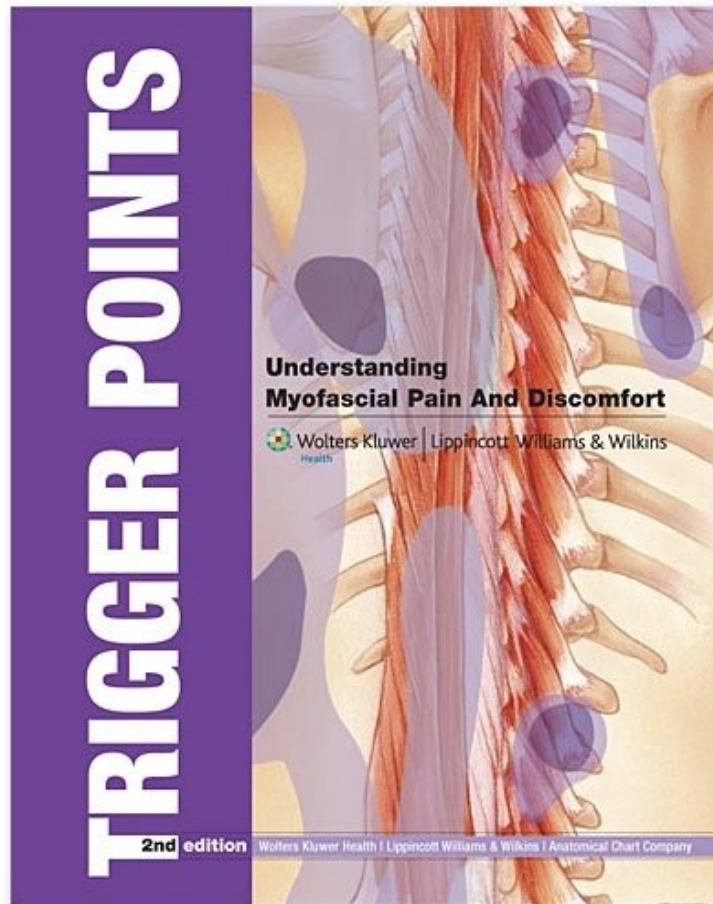


[Download pdf ebook] Trigger Points FlipBook: Understanding Myofascial Pain and Discomfort

# Trigger Points FlipBook: Understanding Myofascial Pain and Discomfort

Anatomical Chart Company  
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**Anatomical Chart Company : Trigger Points FlipBook: Understanding Myofascial Pain and Discomfort** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Trigger Points FlipBook: Understanding Myofascial Pain and Discomfort:

5 of 5 people found the following review helpful. Not what I was hoping for, from a flipbook intended to explain TrPs to a client. By kinakomochi. As I own both Travell Simon's flipbook on TrPs as well as Clair Amber Davies excellent and indispensable 'Trigger Point Therapy Workbook'... I was expecting a format for mapping out TrPs that was as easy to understand as theirs... but this product is not only a bit difficult to follow but hard to read as legends for mapped symbols are tiny, which'll make them that much more difficult to explain f2f with a client when time is short. Was

hoping to be wowed... but instead... three stars.4 of 4 people found the following review helpful. DIY NIRVANA GUIDE!!! part IBy MJTThis guide, plus the other related books/charts and Body Back Buddy have provided my household with a new lease on "feeling great!" Already, we have used these for the specific challenges of piriformis syndrome, shoulder pain, finger pain, sore feet, and strained backs. The books and charts are illuminating teaching tools, The in depth anatomy and physiology are comprehensible and most likely much more than one would obtain from most physical therapists. With most of us having high deductibles for health care, we consider these books, charts, and body buddy a bargain investment! We have already shared these with many others.8 of 8 people found the following review helpful. Charts are pretty goodBy Bee WellThis Book is a good reference for trigger points. I'm a massage therapist and find this book to be helpful both for my own treatment reference and also to educate clients on the subject. The large wall charts are better because they are larger of course but this book is a nice portable reference. you'll definitely get use out of it..

This easy-to-use flip chart book has a built-in easel, heavy-duty laminated and markable pages, and is a perfect visual aid for explaining the role of trigger points in causing pain and discomfort. The book includes 33 detailed anatomical illustrations of trigger points and affected pain sensitive areas, as well as 22 diagrams of pain relief exercises. Improvements in this Second Edition include: Enhanced introduction that gives an overview of the musculoskeletal system, the development of trigger points, and the treatment and prevention of myofascial pain Updated images Improved page organization, including repeating the trigger point and pain zone legend on each page for easier use Chapters: Torso and Shoulder :Anterior Torso and Shoulder : Posterior Superficial Torso and Shoulder : Posterior Deep Anterior-Posterior Pain Referral Guide Head and Neck Upper Extremity Lower Extremity Made in USA