

(Mobile book) Trigger Points of Pain: Wall Charts (Set of 2)

Trigger Points of Pain: Wall Charts (Set of 2)

Janet Travell MD, David Simons

*DOC | *audiobook | ebooks | Download PDF | ePub*

 Download

 Read Online

#573973 in Books 1996-06-09 Original language: English PDF # 1 3.50 x 2.95 x 39.00l, 1.70 Binding: Poster 1 pages | File size: 73.Mb

Janet Travell MD, David Simons : Trigger Points of Pain: Wall Charts (Set of 2) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Trigger Points of Pain: Wall Charts (Set of 2):

4 of 4 people found the following review helpful. Wonderful tool for chronic painBy rhlogieFantastic tool to have clients identify areas/patterns of chronic pain or tension and identify the specific areas (trigger points) needing attention. There are too many therapeutic approaches available to detail here and how you structure your therapeutic sessions is, of course, up to you. But eventually many client issues will come down to trigger points with referred patterns of pain or sensation in remote areas of the body ... not the areas (or surrounding areas) clients want you to address directly. Trigger point therapy for stubborn chronic pain, either as an early or later tool, has never failed me. This chart makes explaining the theory and intention of the modality quick and easy. It can also involve clients in changing the habits that create their trigger points once the real muscle causing the problem is identified. The illustrations are quite adequate, and, yes, with the rising standards of illustration that bombard us daily in media, they seem dated. But their simplicity and accuracy just about always elicit the surprised response: "OMG, that's EXACTLY how it hurts!"3 of 3 people found the following review helpful. awesomeBy Kimberly GarrettI love these charts! They're huge and easy to see from across the room.. I'm a massage therapist within a clinic and the doc is always teasing me about stealing them0 of 0 people found the following review helpful. Trigger PointsBy Teri RileyI refer to these charts when a client has pain and the solution may not be coming from where you think it should.

Trigger Point Pain Patterns Wall Charts

About the Author Now deceased, foreword writer David G. Simons, MD, coauthored of Travell Simons Myofascial Pain and Dysfunction: The Trigger Point Manual