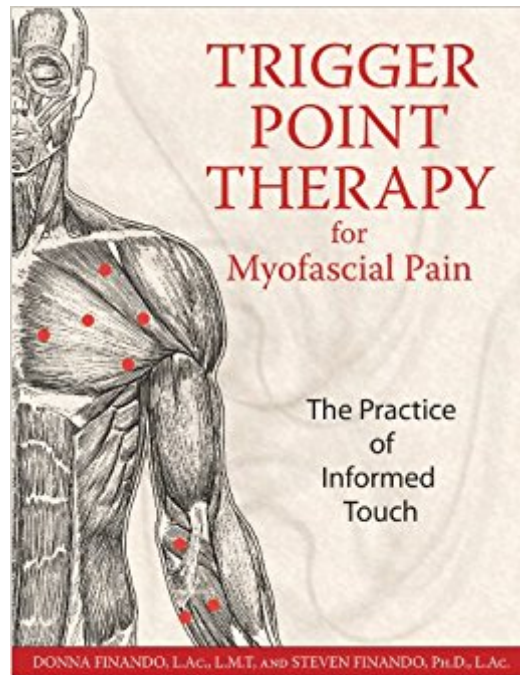


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# Trigger Point Therapy For Myofascial Pain: The Practice Of Informed Touch



## Synopsis

A clinical reference manual for the evaluation and treatment of muscle pain – Contains detailed illustrations of pain patterns and trigger-point locations. Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

## Book Information

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## Customer Reviews

Mark D. Seem, Ph.D., L.Ac., President, Tri-State College of Acupuncture, author of *Bodymind*

Energetics, A New American Acupuncture, and Acupuncture Physical Medicine : "Knowing how to touch the human body when it is in distress is the skill that links bodyworkers with physical--and oriental--medicine practitioners.~ ~ Nowhere is this knowledge more developed than in the seminal work on trigger-point release of Drs. Janet Travell and David Simons.~ ~ Their magnum opus now becomes eminently accessible in this clinically pragmatic manual. Informed Touch belongs in the office of every professional practicing a physical medicine of any kind."Roberta F. Shapiro, D.O., Albert Einstein College of Medicine : "Never before have the disciplines of myofascial pain release and meridian therapy been so beautifully and practically connected. Simply put, this book is a must for all practitioners of hands-on medicine."Marilyn Freedman, P.T., certified childbirth educator : "Donna and Steven Finando have married some of the finest techniques that eastern and western physical medicine have to offer.~ ~ Incredibly, they have done this in a single text, with excellent graphics, charts, and guidelines to specific soft-tissue work.~ ~ This essential guide takes the place of many large volumes, especially when information is needed immediately.~ ~ I highly recommend Informed Touch for not only the experienced practitioner, but for students as well."Roberta F. Shapiro, D.O., Albert Einstein College of Medicine : "Simply put, this book is a must for all practitioners of hands-on medicine."Steven L. Rosenblatt, M.D., Ph.D., L.Ac., founder and past president of the California Acupuncture College : "This insightful book points out a new direction in medical therapeutics. It clearly delineates where the energetic field of the body intersects and animates the physical structure. By acting at this intersection, true healing can take place."Tami Brady, TCM Reviews : ". . . in addition to those professional healing touch practitioners wanting to stretch their skills or needing a good myofascial pain reference book, that I also suggest this book to those who suffer from chronic pain and those that do any sort of physical activity that could result in muscular pain and fatigue."Charlotte Michael Versagi, Massage Magazine, Nov-Dec 2005 : ". . . written carefully and thoughtfully, as if gently guiding the reader into an intimate understanding of what's happening in the body when a trigger point is present."Diane Donovan, Bookwatch, April 2006 : "Any who suffer from muscle pain will find her methods specific and useful, based on her acupuncture and massage background and studies with Janet Travell, MD, a pioneer in pain management."

**BODYWORK**Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating muscle pain into an accessible and comprehensive clinical

reference manual for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This revised and fully expanded edition of *Informed Touch* begins with chapters on the concept of qi and its relationship to myology, the reasons for trigger point development, and palpatory skill-building techniques. Subsequent sections provide detailed information on individual muscles to teach clinicians to locate quickly and accurately specific points of pain and patterns of compensation. In addition to anatomical diagrams of trigger points and pain patterns, each muscle discussion includes illustrations showing self-help stretching techniques for home care. A visual index summarizes pain patterns and the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* is an invaluable resource for any professional involved with myofascial disorders. DONNA FINANDO, L.Ac., L.M.T., has taught myology and myofascial meridian therapy throughout the country for more than twenty years. STEVEN FINANDO, Ph.D., L.Ac., is currently on the advisory board for the New York Chiropractic College School of Acupuncture and Oriental Medicine. Both studied extensively with Janet Travell, M.D., a pioneer in the field of pain management. Donna and Steven live on Long Island, New York, where they have been in continual practice for the past twenty-nine years.

Have a patient with a troublesome pain issue? One that you just can't put your finger on? Well the education in *Trigger Point Therapy* is the book for you! I purchased the paperback version with the certification test and it is the clearest presentation of the trigger point pain issue I have ever used. I purchased the kindle version so I would have it with me, in case I needed the info at my fingertips during a session or wanted to show patients the pain area diagrams[home health or traveling situations]. The book not only increased my skills, but increased my credibility with patients and clients as I can show them what the issues are, work on them and assign their case specific homework [stretches & exercises]. I recommend it to massage therapists, physical therapists [and their assistants], occupational therapists [and their assistants]. There is an easy to follow self help version that the layman can get and use for themselves.

This book could easily get five stars, however, it was printed incorrectly and pages 8?-12? were repeated while several pages were missing. Too bad. Otherwise the format, illustrations and information are 5-star.

Got this as a gift for a massage therapist friend. She absolutely loves it and references to it all the

time. Invaluable addition to her practice.

I thought this was a book with text. It's really just a picture book. And not a good one at that.

great

As a massage therapy student, I really like this book. It has been very helpful in learning the muscles, trigger points and their pain patterns. There really isn't much "practical" knowledge (as in HOW to release trigger points) but it is very informative otherwise. I don't know much about the Chinese Traditional Medicine that they discuss through the book and that part wasn't overly helpful for me. I think it's a great in depth help for learning muscles.

If you like to learn, this is for you. With Finando's self-care book, you will have more knowledge than most medical doctors, in my opinion. Information is well arranged and easy to understand if you have a basic understanding of biology. I may be biased, but my personal philosophy is that if you care for your body as you do for your car/house/pet, this information will be easy for you to apply for improving your health status. Even if you choose, not to DIY, you will have a better understanding of physical therapy principles.

I much prefer the better drawings and the theory in the introductory chapter from "The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief" by Clair Davies. The definitive guide is Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set), but it is a rather dense and expensive read.

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Pain and Discomfort The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Trigger Point Self-Care Manual: For Pain-Free Movement

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