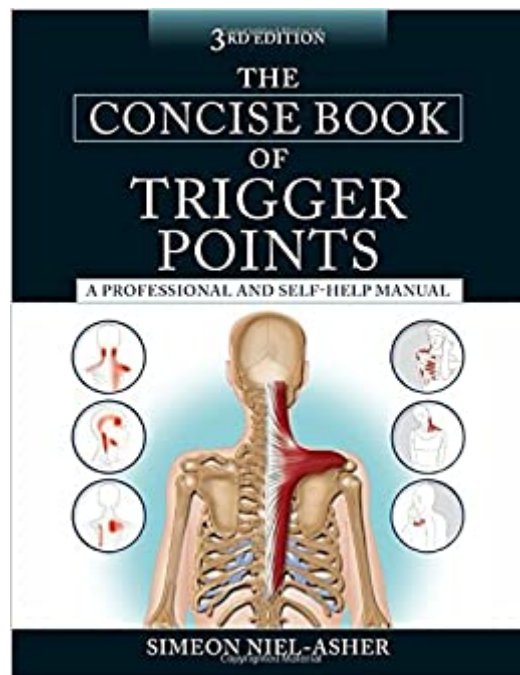




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# The Concise Book Of Trigger Points, Third Edition: A Professional And Self-Help Manual



## Synopsis

Since publication almost ten years ago, *The Concise Book of Trigger Points* has been translated into over twenty languages and become a best seller worldwide. This new edition has been completely updated with current research, evidence, and advanced techniques for manual therapy practitioners, and includes simple self-help protocols that the layperson can do at home. *Containing full-color illustrations, this compact reference guide explains how to treat chronic pain through trigger point -- tender, painful nodules that form in muscle fibers and connective tissues. The easy reference format presents useful information about the trigger points relating to the main skeletal muscles, which are central to massage, bodywork, and physical therapy. The first six chapters provide a sound background to the physiology of trigger points, and the general methods of treatment. Chapters 7 through 12 are organized by muscle group, with the information about each muscle presented in a uniform accessible style. Each two-page spread gives detailed anatomical information, referred pain patterns, plus key trigger point information, practitioner protocols, and self-help information and drawings.*

“This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms.” --Dr. Bob Gerwin, MD, FAAN Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland

“Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource.” --Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel

“This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate.” --Jonathan Reynolds, PhD, PT, co-owner and founder of Reynolds Rehabilitation Enterprises

## Book Information

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## Customer Reviews

"Probably the clearest, most concise and comprehensive presentation of the trigger point picture I have ever read. Eminently practical and clinically useful."--Dr. Richard Bachrach, D.O., F.A.O.A.S.M, president and medical director of the Center for Sports and Osteopathic Medicine

SIMEON NIEL-ASHER, B. Phil., B.Sc., (Ost.), qualified as an osteopath in 1992, and uses trigger point therapy in his every day work. He is the inventor of the Niel-Asher technique for treating frozen shoulder syndrome and was named by the Evening Standard newspaper as one of the top ten osteopaths in London. He is involved in treating, research, writing, and teaching throughout Europe, the Middle East and the USA.

Great explanations and drawings, but the earlier editions were clearer and less cluttered with text.

Great for locating pressure points.

I love this book from the time I checked it out! I have other books of trigger points, but this explains it very well! I am going to buy more books and build a library of my own

Partnered with other books and information, this is my favorite because each page is great summary I can flip thru as I use massage ball to work a body part.

As a massage therapist I use this book daily. Highly recommend for any body worker or athlete.

Great study material.

This book helps me a lot with training baseball players with shoulder pain and elbow pain

Very Helpful

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Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Concise Book of Trigger Points, Third Edition: A Professional and Self-Help Manual Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative 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) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 2e The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To

Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e

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