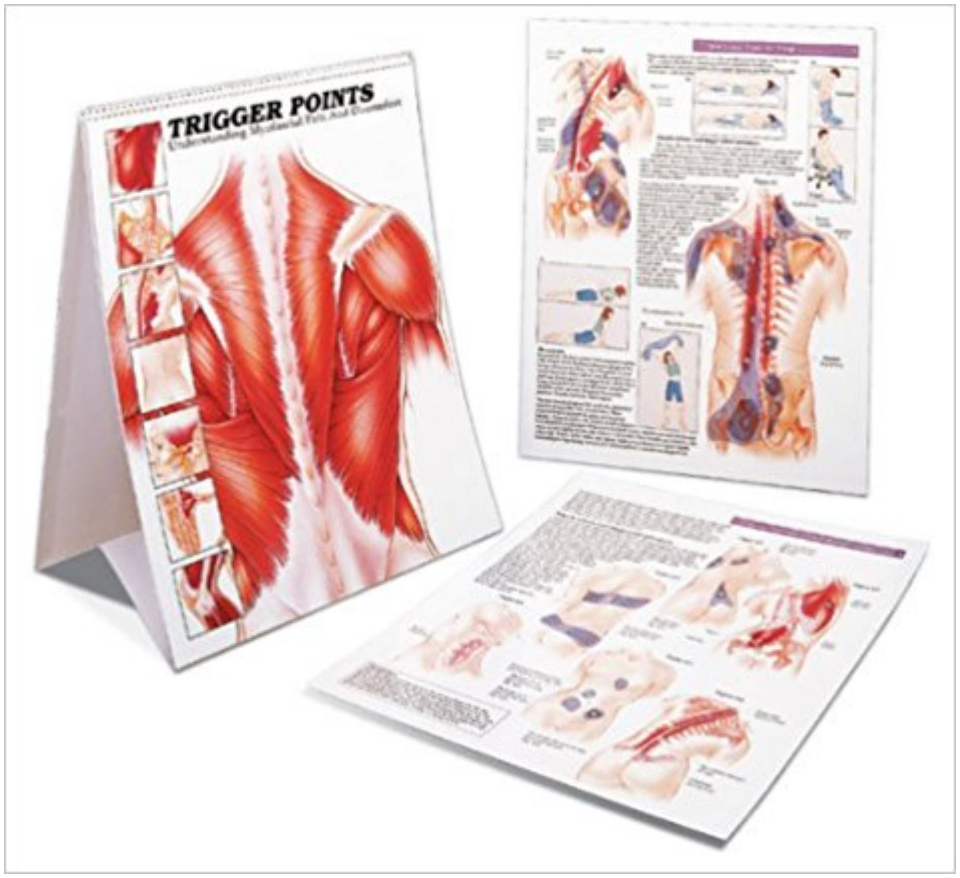
Ebook Directory
the best source of ebook

The book was found

Trigger Points: Understanding Myofascial Pain And Discomfort



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

This easy to use flip chart book is a perfect educational visual aid for explaining the role of trigger points in relation to bodily pain and discomfort. This tool includes 34 laminated detailed anatomical illustrations of trigger points and their corresponding affected pain sensitive areas, plus 19 diagrams of pain relief exercises. Spiral binding allows for ease of page flipping and a built-in easel makes this visual aid a portable instructional reference.

Book Information

Spiral-bound: 9 pages

Publisher: ACC; 1st Printing edition (May 15, 1994)

Language: English

ISBN-10: 0960373063

ISBN-13: 978-0960373062

Product Dimensions: 11 x 14.1 x 0.2 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.4 out of 5 stars 7 customer reviews

Best Sellers Rank: #580,604 in Books (See Top 100 in Books) #99 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Rheumatology #112 inÃ Â Books > Medical Books > Allied Health Professions > Chiropractic #158 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Rheumatology

Customer Reviews

I bought this years ago and continue to refer back to it. Very helpful for those with request muscle pain.

Great tool for education

very good condition and detailed illustration

Excellent, concise diagrams, easily understood by the professional or the patient. the exercises match the treatment recommended. great book. learned a lot.

This flip chart is very high quality and contains good graphics for my patients to understand what is going on with their muscles.

It only show a cursory glance at TP and referred pain patterns. Good to show patients an overview, but not detailed enough to really help everyone.

As the office manager for a chiropractic clinic, I know how often the Doc references this book to demonstrate trigger points to patients. It has also proven to be an invaluable resource in court, as Doc is often called for expert medical testimony. This book is very clear and easy for the layperson to understand. I highly recommend!

Download to continue reading...

Trigger Points: Understanding Myofascial Pain and Discomfort 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) 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) Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) Myofascial Pain and Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch 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) 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 Trigger Points of Pain: Wall Charts (Set of 2) Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Acupressure for Horses: Hands-On Techniques to Solve Performance Problems and Ease Pain and Discomfort Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and

Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) RCI Points User Guide: Tips, Tricks and Secrets - A practical guide to understanding and using RCI Points

Contact Us

DMCA

Privacy

FAQ & Help