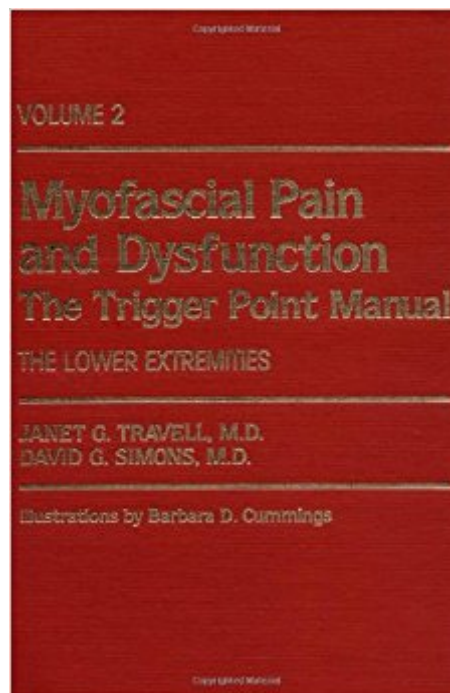




The book was found

Myofascial Pain And Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities



Synopsis

Volume 1 provided a thorough understanding of what myofascial pain actually is, and discussed the approach to effective diagnosis and treatment of the syndrome from the waist up. This second volume offers the same effective approach for the lower body muscles. It includes features and reviews of special topics not discussed in other literature. These include an extensive review of the causes of functional scoliosis, and how to identify them clinically; a review of the lower limb length inequality that details radiographic techniques for accurate measurement; how to examine intrapelvic muscles for trigger points; a topographical guide that simplifies distinguishing the three gluteal muscles and the piriformis muscle when palpating trigger points; the muscular origin of pain in sciatic, gluteal and perineal distributions; and an examination of the complexity of adductor longus muscle which helps explain why its importance is easily overlooked.

Book Information

Hardcover: 628 pages

Publisher: LWW; 1st edition (October 9, 1992)

Language: English

ISBN-10: 0683083678

ISBN-13: 978-0683083675

Product Dimensions: 10.2 x 7 x 1.4 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 31 customer reviews

Best Sellers Rank: #127,034 in Books (See Top 100 in Books) #12 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Osteopathy](#) #15 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Chiropractic](#) #19 in [Books > Medical Books > Basic Sciences > Histology](#)

Customer Reviews

is very technical and a wonderful reference for "The Trigger Point Therapy Workbook" third edition by Clair Davies

I have the most wonderful therapist who does mostly myofascial release. I knew she wanted these books, volume I and II so when I found the first volume at an ok price I bought it but then was on the watch for this one, the second of the set. The price was even better and the condition, although called 'used' was perfect! As for the book itself, she is absolutely delighted and refers to it daily - not

only in the treatment of her patients but in the classes she teaches. All of her cohorts and her students are quite jealous of her having these valuable tomes as the diagramming is outstanding and the explanations so detailed. The author was the first to track the trigger points in the body and to teach the profession how to deal with releasing tension or blocks in any particular area. There is no comparison between this and the next best book on trigger point therapy. And the enormous benefit that has evolved from the knowledge that we can manipulate the fascia, and induce the body to heal itself instead of reliance on drugs or worse - surgery - is invaluable. Cheers to Janet Travell!!!!

best books ever

ok

Good condition and highly recommended for anyone treating musculoskeletal problems for clients or patients. The illustrations are fantastic and the information is evidence-backed for when the book was written.

Everything I was hoping for and more. Bought it used and it looks like it just came off the shelf. The cover had no sign of wear. All pages were clearly intact, no rips, tears, or stains. The binding of the book was fresh as could be. This book was very helpful to my studies. I highly recommend it to anyone who needs a refresher, or just wants to further their knowledge in the subject. This is a reputable author and does not disappoint when it comes to delivery.

This book is amazing! Learning about your trigger points can change how you react to aches and pains in your body!

Must have book if you are treating myofascial trigger points. Essential to own

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Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health
Solutions Book 3) Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of

Body Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set)
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Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics
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(Author) Valerie DeLaune LAc, Renee Principe NCTMB Trigger Points: Understanding Myofascial
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