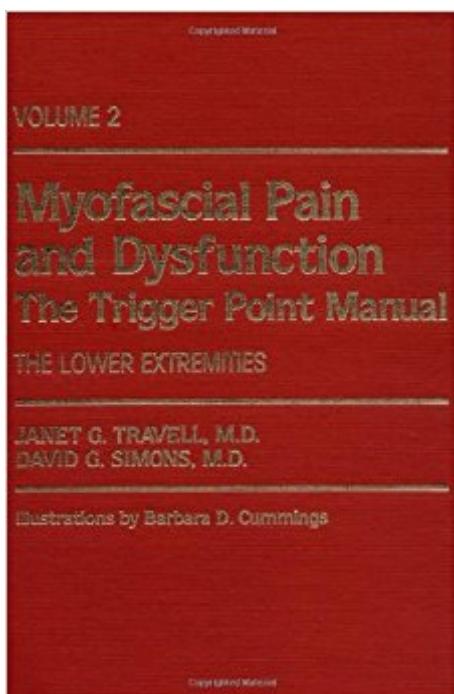


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# Myofascial Pain And Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities



## **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**

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## **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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Myofascial Pain and Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities  
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) 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) 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 for Myofascial Pain: The Practice of Informed Touch 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) 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 Points: Understanding Myofascial Pain and Discomfort Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Diagnosis and Treatment of the Lower Extremities: Nonoperative Orthopaedic Medicine and Manual Therapy (Nonoperative orthopaedic medicine & manual therapy) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Trigger Point Self-Care Manual: For Pain-Free Movement The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Integrative Manual Therapy for the Upper and Lower Extremities The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook)

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