

Trigger Points And Muscle Chains In Osteopathy

effective trigger point therapy this unique guide takes an in depth look at trigger point therapy split into two sections it combines detailed theory with practical techniques you will find comprehensive information on a broad spectrum of topics such as myofascial chains the craniosacral model and the classification diagnosis and therapy of trigger points highlights different models of muscle chains detailed explanations of trigger points and their treatment over 260 instructive illustrations and high quality photographs featuring input from various different specialties this outstanding book is an essential tool for osteopaths physiotherapists chiropractors using trigger point therapy and all others working in pain therapy a clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills the result accurate and effective pain therapy

relief for your patients with musculoskeletal pain this unique guide takes an in depth look at trigger point therapy divided into two sections functional muscle chains and trigger points and their treatment this book combines detailed theory with tried and practical techniques the text covers the basics of functional muscle chains and the origin of myofascial pain arising from the musculoskeletal system for example due to poor posture the reader will learn how various stretching exercises augment the myofascial therapy methods anatomic drawings and liberal use of photographs in this book will help the reader to localize the trigger points and the associated pain areas praise for the first edition the information is brief but to the point there is little wasted space so that the book is packed with information that can immediately be put into action doody s review key features various models of muscle chains introduced and described detailed explanations of trigger points and their treatment new chapters about posture and influence of gravity as well 46 new and redrawn illustrations now totaling approximately 300 included in this new edition ticklish and erogenous zones mapped out to help prevent unintended side effects of treatment trigger points and

muscle chains second edition is an essential tool for osteopaths physical therapists and all practitioners involved in pain therapy

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