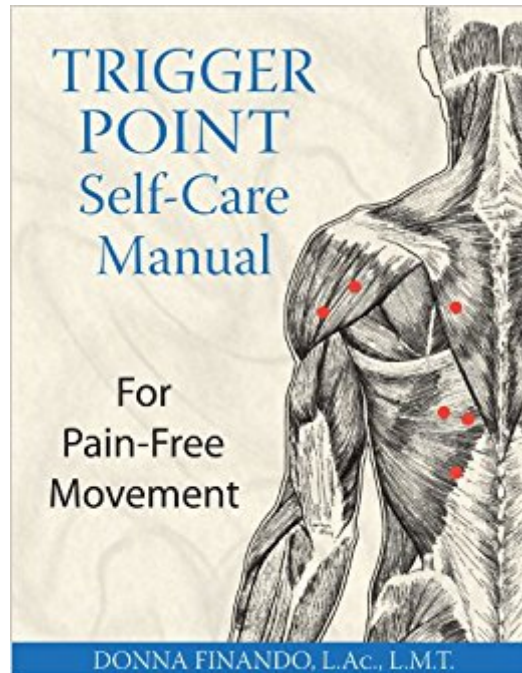


The book was found

Trigger Point Self-Care Manual: For Pain-Free Movement



Synopsis

A guide to the treatment of pain from common sports injuries and other physical activities
Contains at-home techniques to promote healing and self-awareness of the body's musculature
Explains how to relieve pain using manual massage in conjunction with small physio balls
Includes an illustrated treatment reference section organized by region of the body

The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead to more severe injuries. In *Trigger Point Self-Care Manual* Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by body part, she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it.

Book Information

Paperback: 208 pages

Publisher: Healing Arts Press (November 8, 2005)

Language: English

ISBN-10: 1594770808

ISBN-13: 978-1594770807

Product Dimensions: 8.4 x 0.6 x 10.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #142,250 in Books (See Top 100 in Books) #40 in [Books > Medical Books > Medicine > Internal Medicine > Rheumatology](#) #94 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#) #142 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#)

Customer Reviews

(Update: I originally gave this a very low review so that people would read my review and be warned that it was impossible to read the Kindle edition. I was notified today, 6/26/2013, by another reader

that the Kindle illustrations are very good. I have, accordingly improved my star rating. I have not seen the Kindle edition myself--I returned the Kindle and am just using the paper copy.)I have this in paper and I purchased it on Kindle, because it is a very useful book. I thought it would be good to always have a copy with me, rather than lug around another book to my various work sites. However, the one complaint I had with the paper edition made the Kindle edition unusable.Unlike some authors, Ms. Finando puts the different illustration of pain distribution, trigger point location and necessary, after trigger point treatment stretching in different locations in the book.I like that they have all the diagrams of pain patterns in one area together. That way, one can look at, say, all the different patterns of pain in the shoulder in one place and pick the pattern that most closely resembles the pain one is experiencing.However, one then has to go to a separate page to see the trigger points, read the description of working those trigger points and to see how to stretch that muscle after the trigger point is treated.With the printed book, I purchased a large quantity of stick on tabs and labeled it, so that, for a particular muscle, I could quickly find 1) the pain distribution pattern, 2) the trigger point location and 3) the illustration showing the stretch to use after each particular trigger point treatment.

[Download to continue reading...](#)

Trigger Point Self-Care Manual: For Pain-Free Movement Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) 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) Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet)

[Dmca](#)