

# Trigger Point Dry Needling An Evidence And Clinical Based Approach 1e 1st First By Dommerholt Pt Dpt Faapm Jan Fernandez De Las Penas Pt Do 2013 Hardcover

Trail Guide to the Body's Quick Reference to Trigger Points  
 Dr Ma's Neurologic Dry Needling  
 Manual Trigger Point Therapy  
 Modern Neuromuscular Techniques E-Book  
 Cardiac Pain  
 Manual Therapy for Musculoskeletal Pain Syndromes  
 The Manual of Trigger Point and Myofascial Therapy  
 Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body  
 Temporomandibular Disorders  
 Dry Needling Myofascial Pain and Hypomobility Within a Kinetic Chain  
 Travell, Simons & Simons' Myofascial Pain and Dysfunction  
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 Acupuncture, Trigger Points and Musculoskeletal Pain  
 The Immediate Effect of Myofascial Trigger Point Dry Needling of Four Shoulder Girdle Muscles on the 100m Lap- Times of Asymptomatic Competitive Swimmers in Bloemfontein  
 Trigger Point Dry Needling E-Book  
 Biomedical Acupuncture for Sports and Trauma Rehabilitation E-Book  
 Muscle Pain: Diagnosis and Treatment  
 Myofascial Trigger Points  
 Trigger Point Dry Needling  
 The Acupuncture Evidence Project  
 Clinical Naturopathic Medicine  
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 Therapeutic Efficacy of Dry-needling Techniques and Spinal Adjustive Procedures in the Management of Myofascial Trigger Point Syndromes  
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 Pain Models  
 A Clinicians Guide To Dry Needling For Myofascial Pain  
 The Concise Book of Dry Needling  
 Introduction to Trigger Point Dry Needling Level I  
 Comprehensive Pain Management in the Rehabilitation Patient  
 Dry Needling for Manual Therapists  
 The Concise Book of Trigger Points  
 DRY NEEDLING UNDER ULTRASOUND GUIDANCE TRIGGER POINTS IN NECK AND SHOULDER EFFECTIVE OR DIFFERENT TYPES OF HEADACHE  
 Myofascial Pain and Dysfunction  
 Manual of Dry Needling Techniques Color Edition  
 The 7-Day Back Pain Cure  
 Manual of Dry Needling Techniques  
 Trigger Point Therapy  
 The Pairing of Trigger Point Dry Needling with Rehabilitation Techniques  
 Tension-Type and Cervicogenic Headache  
 The Trigger Point Therapy Workbook

*Trigger Point Dry Needling An Evidence And Clinical Based Approach 1e 1st First By Dommerholt Pt Dpt Faapm Jan Fernandez De Las Penas Pt Do 2013 Hardcover*

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## GRAHAM HULL

### Trail Guide to the Body's Quick Reference to Trigger Points North Atlantic Books

This book examines a special topic, JMMT. Emphasis is on the etiology of trigger points with a critical overview of current concepts. The contributing authors are the most respected myofascial pain research and practice experts. The authors address the etiology of trigger points, the epidemiology of myofascial pain, clinical management of patients, specific treatment issues, and the role of trigger points in various pain syndromes.

*Dr Ma's Neurologic Dry Needling* Jones & Bartlett Learning

All color pictures Upper & Lower Quarter Heading Page CHAPTER 1 - INTRODUCTION 1 History 2 International Definitions 4 Introduction to Pain 6 Myofascial Trigger Points 14 CHAPTER 2 - UNDERSTANDING DRY NEEDLING 31 Models of Dry Needling 32 Types of Dry Needling 34 Physiological Effects of Dry Needling 35 Analgesic Effects 35 Biochemical Modulation 38 Mechanical Effects 39 Understanding Needles 43 Handling Needles 44 Practising Needling/Method Of Needling 45 Direction Of Insertion 46 Basic Insertion Techniques 47 Manipulation 47 Order Of Insertion And Removal Of Needles 48 Patient Education 49 Hygiene 49 Material Required 53 Indications 53 Contraindications 53 Precautions 55 Appropriate Selection Of Patient 55 Procedure of Dry Needling 56 Advantages 57 Management Of Adverse Events 57 CHAPTER 3 - TRIGGER POINT DRY NEEDLING (UPPER QUARTER) 60 Supraspinatus 61 Infraspinatus 62 Rhomboid Major And Rhomboid Minor 63 Latissimus Dorsi 65 Upper Trapezius 66 Teres Major 68 Teres Minor 69 Subscapularis 70 Levator Scapulae 71 Deltoid 72 Biceps 74 Triceps 75 Anconeus 76 Brachialis 77 Brachioradialis 78 Supinator 79 Extensor Carpi Radialis Brevis 80 Extensor Digitorum 81 Extensor Carpi Ulnaris 82 Pronator Teres 83 Flexor Carpi Radialis 84 Flexor Digitorum Profundus And Superficialis 85 Adductor Pollicis 87 Opponens Pollicis 88 Abductor Pollicis Brevis 89 Dorsal Introssei 90 CHAPTER 4 - TRIGGER POINT DRY NEEDLING (LOWER QUARTER) 91 Gluteus Maximus 92 Gluteus Medius 93 Gluteus Minimus 94 Piriformis 95 Tensor Fascia Latae 96 Adductor Magnus 97 Adductor Longus 98 Pectenus 99 Rectus Femoris 100 Vastus Lateralis 101 Vastus Medialis 102 Vastus Intermedius 103 Hamstring 104 Sartorius 106 Popliteus 107 Gastrocnemius 108 Soleus 110 Plantaris 111 Tibialis Anterior 112 Tibialis Posterior 113 Peroneus Tertius 114 Peroneus Longus 115 Extensor Hallucis Longus 116 Extensor Digitorum Longus 117 Extensor Digitorum Brevis 118 Flexor Hallucis Longus 119 Flexor Hallucis Brevis 120 Extensor Hallucis Brevis 121 Adductor Hallucis 122 Abductor Hallucis 123 Flexor Digitorum Brevis 124 Abductor Digniti Minimi 125 Quadratus Plantae 126 Dorsal And Planter Introssei 127 SUGGESTIVE READING 129

*Manual Trigger Point Therapy* Elsevier Health Sciences

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This new edition of Travell, Simons & Simons' groundbreaking work reflects the latest research and best practices associated with trigger points and updates the iconic pain point images that set the standard in the field. New lead editor Joseph M. Donnelly draws on his experience as both educator and physical therapy practitioner to integrate an evidence-based approach into this critical text. In addition, the new edition consolidates information to create a more intuitive user experience and features a completely new full color design to bring concepts to life.

*Modern Neuromuscular Techniques E-Book* Springer Science & Business Media

This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point (TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

*Cardiac Pain* Elsevier Health Sciences

A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable. Because Sharkey explains why so many people have unresolved chronic pain and provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers.

*Manual Therapy for Musculoskeletal Pain Syndromes* Independently Published

An authoritative and comprehensive account of the assessment and conservative management of temporomandibular disorders. Recent emphasis has been on 'evidence-based practice' at the expense of the clinical reality which should also take account of clinician expertise and patient preference. A sound research base is not always available. This text addresses the clinical reality of having to make decisions using other sources of knowledge in the absence of a comprehensive scientific rationale. It advocates clinical and evidence-informed practice - an approach which acknowledges the value of clinician experience and expertise as well as research findings. Compiled and edited by two highly regarded and experienced practitioners, researchers and authors who have already published many books and journal articles in the field. With contributions from a mix of 28 internationally-based clinicians and clinician-researchers allowing the text to highlight both current best evidence and clinicians' expertise and experience. Contributors include talented young clinicians as well as established experts in orthopaedic physiotherapy and world-level expert researchers.



**The Manual of Trigger Point and Myofascial Therapy** Elsevier Health Sciences

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

**Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body** Healthy Back Institute

Background and aims Myofascial Trigger Points (MTrPs) treatment of the head and neck muscles can reduce frequency, intensity, and duration of attack in patients with tension-type headache (TTH) and migraine. Recently we proposed a new approach of trigger point therapy, performing precise muscle dry needling (DN) under ultrasound (US) guidance. The aim was to evaluate efficacy of deep DN of myofascial trigger points (MTrPs) in neck and shoulder muscles to treat chronic headaches. Methods We included 24 patients (15 females, 38u00b116 years old) with intensive chronic persistent or recurrent one- or two-sided pain in temporal and/or occipital areas. Treatment approach by Bubnov [https://doi.org/10.1186/1878-5085-3-13] was applied that included ultrasound identification of MTrPs with following DN under US guidance using steel 28G needles to elicit local muscle response (LTR, 'needle grasp'). Visual analogue scale data (VASO-10) were measured before and after the interventions. Results Main active MTrPs were diagnosed in rectus and obliquus capitis inferior muscles, the additional (latent) MTrPs were defined and effectively needled in the ipsilateral shoulder rotator muscles. In one session 1-3 needles were inserted, 1-2 sessions applied to each patient. Retention of needles correlated with LTR and clinical effects. In seventeen patients pain decreased by a VAS of 90% (p

*Temporomandibular Disorders* Churchill Livingstone

Myofascial pain is a term that has been bantered around for many years. It is often unclear to people exactly what this means or how to fix it. Medical doctors, Physical therapists, Occupational therapists, Chiropractors and other practitioners are starting to acknowledge the importance of myofascial pain syndromes and collaborate to figure out how to treat it. Health care is becoming more and more competitive, with many fads cropping up on a monthly basis. Many of these have no scientific base, and yet in the technological age that we are living in, a good marketing strategy can convince you to try anything. I have heard hundreds of patients say that they have tried this and that, with little or no result other than emptying their wallet. This manual is an essential resource for anyone who is interesting in treating pain in their respective practices. For the dentist, who is struggling to help patients with TMJ issues, or the physical therapist who feels like massage isn't quite cutting it, or for the Chiropractor who cant understand why their adjustment isn't holding and the patient is still suffering. No one has time in their busy offices to lug out an enormous textbook and start paging through it for 15 minutes while their patient sits there waiting. This has been designed as a quick reference text for those practitioners that have a patient presenting with a myofascial pain syndrome and need to quickly recap what muscles can be causing it, where those trigger points are, how to treat it and what to do post treatment. The authors have more than 40 years of combined knowledge and have worked on thousands of patients to bring you the most valuable and concise information that you will need to be successful in dry needling in your practice. They have assumed that you have a strong and solid grasp of anatomy and physiology, so they have not done a full recap on the basics of these subjects. We begin with an overview on the relationship of muscle and trigger points. This is a useful review about the functionality, integrity and uses of muscles and the trigger points that form and reside in them. Next we cover the differences between Acupuncture and Dry Needling. A brief discussion that will help you answer the question you will encounter many times a day as to what the differences between these two treatment protocols are. The Palpation chapter is one of the most important chapters in this book, as most practitioners are deficient in this skill. There are fundamental tools in this chapter that will help you, quickly and effectively, master palpation. The Diagnosis and Treatment chapter outlines the fundamentals in evaluating and treating patients. Needling use and technique gives you the foundations on what and where to needle as well as the how. This chapter incorporates different needling techniques as well as post treatment protocols. It teaches you how to be safe and what contraindications are important to keep in mind when evaluating a patient for dry needling. In conclusion, this manual is for the practitioner who wishes to deepen their understanding of myofascial pain syndromes and wants to help their patients in a quick and incredibly effective manner. This book focuses on the how, not the why. It is a quick way of referencing pain patterns and finding out how to treat it immediately.

*Dry Needling Myofascial Pain and Hypomobility Within a Kinetic Chain* Singing Dragon

This textbook for students and clinicians describes the techniques of trigger point and myofascial therapy. The authors, both practicing myofascial therapists, begin with a discussion of the theory of myofascial disorders, including a review of basic muscle and nerve physiology. In the main part of the text, two-page entries are devoted to individual muscles. Each entry includes anatomical information and a brief description of techniques to be used. On the facing pages are color photographs of Rizopoulos demonstrating the trigger point therapy, myofascial stretches, and home exercise techniques for that muscle. c. Book News Inc.

**Travell, Simons & Simons' Myofascial Pain and Dysfunction** Springer Science & Business Media

A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and updated aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain and neurodynamics. The only one-stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an expert editorial team and contributed by internationally-renowned researchers, educators and clinicians Covers epidemiology and history-taking Highly practical with a constant clinical emphasis

*Myofascial Pain and Fibromyalgia Syndromes* Pref Publication

This edition of the companion volumes Muscle Pain: Understanding the Mech- isms and Muscle Pain: Diagnosis and Treatment is essential reading for those interested in clinical approaches to acute and chronic pain conditions involving muscle tissues and in the mechanisms underlying these conditions.

The volumes cover a very important topic in pain medicine, since muscle pain is very common and can often be difficult to diagnose and treat effectively. Furthermore, chronic pain involving muscle and other components of the musculoskeletal system increases with age, such that it is a common complaint of those of us who are middle-aged or older. Indeed, as changing population demographics in "west-nized" countries result in higher proportions of the population living longer and being middle-aged and elderly, chronic muscle pain will likely become even more of a health problem. In the case of acute muscle pain, this can often be very intense, and in the short term can limit or modify the use of components of the musculoskeletal system associated with the sensitive muscle. Chronic muscle pain can also be intense, as well as unpleasant and disabling, and it is in many cases the over-riding symptom of most musculoskeletal disorders that are associated with long-term deleterious changes in musculoskeletal function.

**Acupuncture, Trigger Points and Musculoskeletal Pain** Elsevier Health Sciences

Dr. Ma's Manual of Neurologis Dry Needling for PT's, DN's MD's

**The Immediate Effect of Myofascial Trigger Point Dry Needling of Four Shoulder Girdle Muscles on the 100m Lap- Times of Asymptomatic Competitive Swimmers in Bloemfontein** New Harbinger Publications

Since the publication of the first edition in 2013, the utilization of dry needling in clinical practice has expanded dramatically throughout the world. Indeed, more and more professionals have been using dry needling to effectively reducing acute and chronic pain, as well as improving motor performance, range of motion, and strength. Following the success of the previous edition, the updated Trigger Point Dry Needling: An Evidence and Clinical-Based Approach remains the first authoritative guide on the market. With a completely revised text and now full colour illustrations, it provides excellent clarity within content and images for even more uniform and consistent instructions on the needling techniques. Written and edited by a group of international experts, this is the most-up-to-date resource for physiotherapists, chiropractors, myotherapists, and other professionals as physicians, acupuncturists, osteopaths and athletic trainers. New chapters on the use of dry needling for Neurological Conditions and dry needling for Fascia, Scar, and Tendon; Clinical chapters with new full colour illustrations; Worldwide editors and contributors; New chapters on the use of dry needling for Neurological Conditions and dry needling for Fascia, Scar, and Tendon; Clinical chapters with new full colour illustrations; Worldwide editors and contributors; **Trigger Point Dry Needling E-Book** Lippincott Williams & Wilkins Myofascial Trigger Point Therapy, additionally regarded as " Trigger Point Therapy ", refers to the cure of myofascial set off factors (MTrP) or 'trigger points' (TrP) that are discovered in muscle groups and fascia. Myofascial set off factors are painful, irritating areas that are discovered in muscles. MTrPs have an effect on muscle tissue and fascia. Myofascial set off factors can be observed somewhere on the physique and are one of the most frequent motives for continual musculoskeletal pain, additionally recognised as myofascial pain. A licensed DGSA Trigger Point Therapist can launch these painful and irritating factors in a muscle and aid in attaining long-term results. There are two predominant techniques for treating set off points, Manual Trigger Point Therapy and Dry Needling. *Biomedical Acupuncture for Sports and Trauma Rehabilitation E-Book* Elsevier Health Sciences This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of trigger point release techniques in addition to spray and stretch, and a new chapter on intercostal muscles and diaphragm.

**Muscle Pain: Diagnosis and Treatment** Jessica Kingsley Publishers

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*Myofascial Trigger Points* Lippincott Williams & Wilkins

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

**Trigger Point Dry Needling** Createspace Independent Publishing Platform

Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles. Trigger points are hyperirritable spots in skeletal muscle. These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and, when compressed, elicit referred pain, local tenderness or a twitch response. This full-color guide helps you quickly find and treat trigger points in your clients by identifying: Common location of a trigger point in a particular muscle belly

Possible causes of trigger points Symptoms and Indications Pain Patterns Associated Trigger Points  
Differential Diagnoses This concise reference supports manual therapists familiar with Trigger Point  
therapy, quickly putting trigger points at their fingertips. For those wishing to learn the  
fundamentals of Trigger Point therapy or study the subject in greater depth, a list of recommended

texts is provided. Students and practitioners will value the quality illustrations and easy access to  
this practical information. 115 pages, 210 images.

*The Acupuncture Evidence Project* Jones & Bartlett Learning

"A manual for understanding and treating chronic pain associated with trigger points, the tender,  
painful nodules that form in muscles and connective tissues"--Provided by publisher.