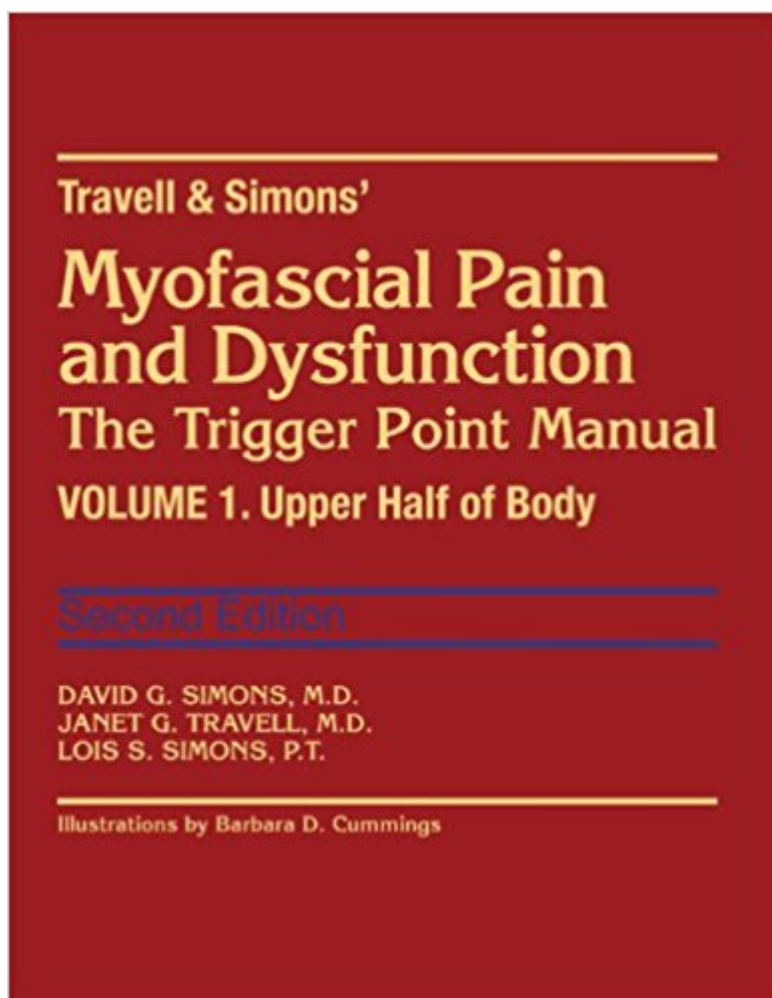


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# Myofascial Pain And Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half Of Body



## Synopsis

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.

## Book Information

Hardcover: 1056 pages

Publisher: LWW; 2nd edition (November 1, 1998)

Language: English

ISBN-10: 0683083635

ISBN-13: 978-0683083637

Product Dimensions: 10.9 x 6.7 x 2.1 inches

Shipping Weight: 4.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (28 customer reviews)

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## Customer Reviews

Literally millions of patients in pain could be helped if they and their health care professionals understood myofascial trigger points and referred pain, the concepts so thoroughly documented in the "Trigger Point Manual" by Travell and Simons. For example, over 80 percent of patients with TMJ disorder (TMD) experience myofascial pain. With a knowledgeable provider diagnosing, plus utilizing the patient's own self-help abilities for a home-care program, billions of dollars could be saved in unnecessary medications and procedures. Travell and Simons have given health care professionals a path to walk. This book should be required reading in all institutions of learning. --  
This text refers to the Hardcover edition.

I think this is by far the best book I have read on the matter of myofascial pain. This book is well written and can be understood easily. The book contains numerous pictures which aids the understanding. What I like the most about this book is that apart from that it teaches how to eliminate the trigger points, it also teaches the reader how to prevent it by specific exercises and habitual

changes. Overall, I would like to recommend this book to the readers who seek to understand myofascial pain better.

In depth, the best illustrations of muscles I have ever seen. Includes tests to determine trigger point presence. Comprehensive diagnostic differentials. So expensive but I consider them an investment. Simply the best. Too bad Dr. Travell was so stuck on spray and inject- not necessary.

The Travell texts carry an unfathomable amount of information and not just for the fascinating pain patterns. (Many people just look the diagram for the pain pattern) It describes the irritating activities which the patient should review with you to see if they are doing any of these things or similar actions. It is rare to see a muscle book talk about nerve entrapments from a muscle or fascial band, and rare to have a book tell you where ELSE to look for an irritant, such as another muscle to treat FIRST. The quick reference guide is so clever, and the most common problematic muscles are bolded. Nutrition is discussed, allergies and the effect of histamines on muscles, etc etc. This has got to be one of the most thorough books of all time. When I opened a second office, this was one set of books I absolutely needed to duplicate.

Don't be fooled by the name, this book has a mountain of information in it related to MUSCULAR ANATOMY. Not all the useless physiology crap that has no real world application. Discusses attachment sites, function of muscle, pain patterns associated with muscle and so much more. Around 1000 pages and it's just the upper half of the body. looking forward to picking up the lower half as well!

This is an awesome book with great detail. Very helpful for understanding how and why trigger points develop. Each section on muscles have many segments, including perpetuation and cause. Very helpful for anyone dealing with or treating trigger points.

I have been very excited to have discovered an in depth textbook like this one, that teaches those professionals interested in an alternative treatment strategy for helping clients to find relief for their pain. Often this is chronic, daily pain that many individuals suffer from. I have already used some of Dr. Janet Travell's manual trigger point therapy with success.

I'm starting a headach/migraine center in my dental practice. Although I'm using ultramodern sports

medicine technology for the therapy, this text is absolutely wonderful in understanding the fundamentals as well as the tradition of myofascial pain therapy. This text is #1 on my bookshelf..for my team as well as myself. Well worth the investment and the reading time.

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