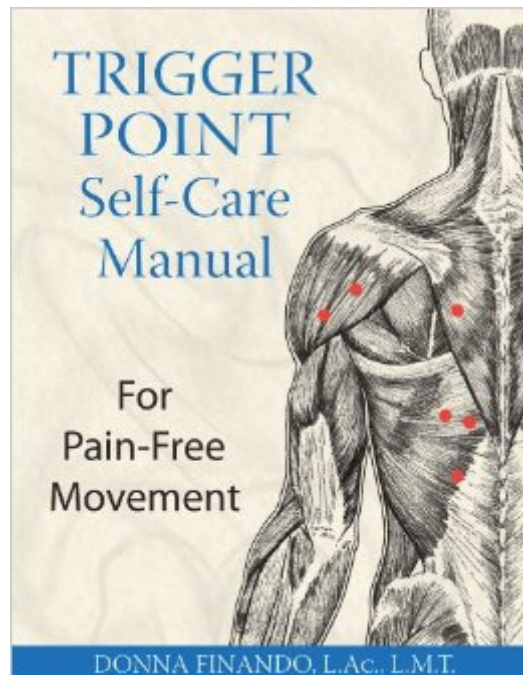


The book was found

# 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

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## 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.

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