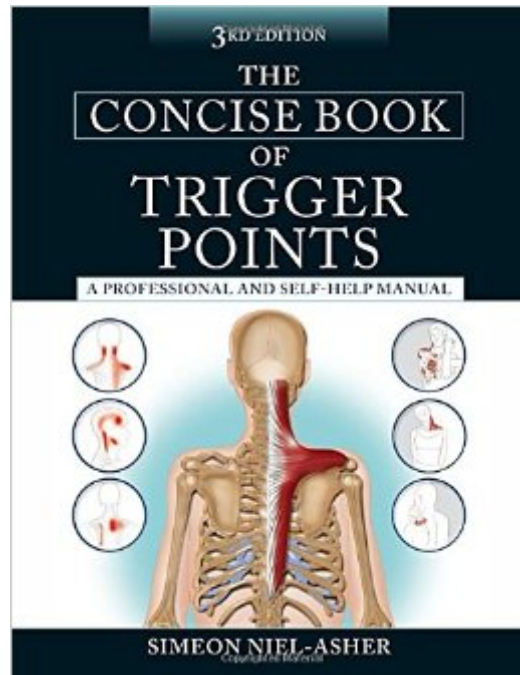


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# The Concise Book Of Trigger Points, Third Edition



## Synopsis

Since publication almost ten years ago, *The Concise Book of Trigger Points* has been translated into over twenty languages and become a best seller worldwide. This new edition has been completely updated with current research, evidence, and advanced techniques for manual therapy practitioners, and includes simple self-help protocols that the layperson can do at home. **Â** Containing full-color illustrations, this compact reference guide explains how to treat chronic pain through trigger point -- tender, painful nodules that form in muscle fibers and connective tissues. **Â** The easy reference format presents useful information about the trigger points relating to the main skeletal muscles, which are central to massage, bodywork, and physical therapy. The first six chapters provide a sound background to the physiology of trigger points, and the general methods of treatment. Chapters 7 through 12 are organized by muscle group, with the information about each muscle presented in a uniform accessible style. Each two-page spread gives detailed anatomical information, referred pain patterns, plus key trigger point information, practitioner protocols, and self-help information and drawings. **â œ**This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms. **â • --**Dr. Bob Gerwin, MD, FAAN **Â** "Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland **Â** **â œ**Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource. **â • --**Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel **Â** **â œ**This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate. **â • --**Jonathan Reynolds, PhD, PT, co-owner and founder of Reynolds Rehabilitation Enterprises

## Book Information

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## Customer Reviews

There is nothing new in this book and not much information either. There is, however, something very disturbing. When I browsed through the pages I found two recommendations for exercises (with pictures) for strengthening the rotator cuff muscles. They are upright rows and behind the neck pull downs. These are the two best exercises that anyone could do to ruin the shoulders. Both of them are big NO! NO! The upright row keeps the upper arms internally rotated and because of that it puts tremendous (and unnecessary) stress on the very small rotator cuff muscles. The behind the neck pull down keeps the shoulders in a very compromised position. Most of us lack the flexibility in the shoulders to do this exercise safely. Today even the glossy bodybuilding magazines (which are loaded with bad advice and misinformation) do not recommend them any more. So, in conclusion, either the author did not check the pictures or has no idea about safe exercises and rotator cuff rehab.

I enjoyed reading this book immensely. It has information that is useful for both medical professionals and patients. I work out a lot and it allowed me to identify tender and painful spots in my muscles and apply treatments and stretches at home. Having suffered with various aches and pains over the years I found this book really helpful. It's clear and concise and well laid out; overall it is an excellent resource and I highly recommend it!

**WARNING:** Annoying sales pitch. As I read the section on Shoulder pain, I felt the author deliberately "holds back" his best material to manipulate readers into visiting his web page to learn (and buy) more. The self-serving tone ruined (for me) an otherwise decent book. To be fair, the book offers good illustrations which is why I bought it instead of Clair Davies book - which is the original and still the best IMO. But I'm a visual learner and Davies' illustrations weren't doing it for me ... so I decided to try The Concise Book of Trigger Points. I would probably have given Niel-Asher's book

3-4 stars for professional presentation and good illustrations ... but the manipulative sales pitch offends me. Not that I mind a little soft sell ... everyone needs to make a living, right? But I suffer from Frozen Shoulder - main reason I study Trigger Point books. Niel-Asher brags about the greatness of his technique for treating Frozen Shoulder ... then tells you to go to his web page to learn more. Meanwhile the book I just paid \$20 for? Meh. The shoulder section is mediocre if not downright stupid. He's obviously holding back his genius shoulder technique to manipulate you into giving him more money. Contrast this to Clair Davies' tone of wanting to HELP people heal themselves. Clair Davies trigger point book remains the best in terms of compassionate helpful techniques for self-healing. Niel-Asher's book is technically superior and has good illustrations ... but the shoulder section seems deliberately bad because he wants to SELL you this information in another format. Yuck. If I buy a book, I expect to see the author's best efforts in the book. Then maybe I'm open to a soft sell. Giving incomplete information as an attempt to lure people into reading/buying more is fine for on-line advertising ... but I don't expect to see it in a book I PAID good money to own.

Terrific book! Love the "new" sections in each chapter on pain for the specific disorders discussed. The photographs and diagrams are a lot clearer and more self-explanatory. May "thanks" for a terrific job, Mr. Asher and many more "thanks" to Lotus Publishing, UK and North Atlantic Books, CA, USA for publishing a great trigger point book! (FYI, the older versions are still terrific if you can't get the new one.)

Decent book. Good pictures. -1 star because trigger points come back. I need to fix the root cause - my muscle imbalances. And unfortunately a lot of physical therapists aren't great. And most chiropractors are scams. Tough world out there.

The pictures are very helpful (the pictures in the anatomy books at school bunched all the muscles together, whereas you can actually see the individual muscles in this book). The exercises are sometimes difficult to understand, but I think it is a good resource. Also, this will sound crazy, but the book has the most wretched odor - when I have it open, people will start asking what that awful smell is. It makes it hard to read it sometimes. Probably the coating on the pages.

I am not writing with any motive about this book. I am a celebrity actor who five years ago, was hit by a car in a crosswalk and told that I would have to replace my shoulder. My instincts told me no &

I met Simeon. I travel from LA to Israel, where he works. He also works in London. Not only has he recovered my shoulder, but his vision is to share his magical work with as many people as possible, such as this book here, which I love! In it, you will simply see truth as it should be shared, which I have not found in LA, Miami, Chicago, NYC nor Europe. Enjoy!

This book is set up where you can see a diagram that highlights areas on the body that hurt and then for that area what muscle(s) might have a trigger point. You can then look at stretches that may help or strengthening exercises relieve trigger points. Very useful!

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