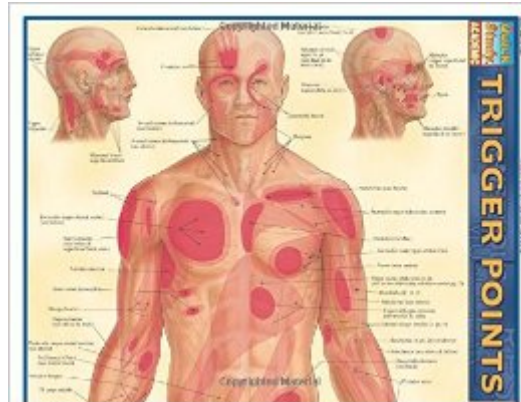


The book was found

Trigger Points (Quickstudy: Academic)



Synopsis

Loaded with beautifully illustrated diagrams clearly and concisely labeled for easy identification. Illustrations by award-winning medical illustrator Vince Perez.

Book Information

Series: Quickstudy: Academic

Pamphlet: 6 pages

Publisher: QuickStudy; 1 Lam Crds edition (December 14, 2007)

Language: English

ISBN-10: 142320316X

ISBN-13: 978-1423203162

Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 2.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (278 customer reviews)

Best Sellers Rank: #3,405 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#) #9 in [Books > Medical Books > Basic Sciences > Anatomy](#) #1050 in [Books > Reference](#)

Customer Reviews

I already know the pain referral patterns pretty well but it was still a little confusing showing people with all the overlapping which points had which patterns. It would have been so easy to make each pattern a different color or even just put a different color around the pattern shape and match it to the text. And because it's laminated I can't color it myself. I also find the patterns a little skimpy. In my own experience and in a few of the books, I've found more areas for some of the points than the chart indicates but since patterns differ from person to person anyway it would be impossible to create a truly accurate map. This is still good to use for showing a client how the points work and where to hunt if you have pain in a certain area but I don't think I would have wasted the money if I had seen it first. I will probably give it away and go back to showing people out of the trigger point work book. (Either *The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, Second Edition* or *Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch* or even *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching*, if you want to go more in depth.)

This is a full-color laminated chart that unfolds to approximately 2 feet in length. On one side is the

diagram of the head, the full body, and the legs with trigger-points clearly marked and on the other side the back of the body with similar profiles in full-color with the trigger-points likewise clearly marked. I believe this chart is an excellent and durable product which will prove to be very useful in my study of trigger point therapy.

I bought the trigger point therapy book several months ago. After 3 months in physical therapy for back and hip pain I was getting better temporarily but I wasn't staying better. As I re-read the book I realized that my muscles weren't getting stronger because of the small knots in them. The injury, in part, hurt my muscles and left them needing deep tissue massage that the physical therapy didn't address. Long story short, I got out a lacrosse ball and began to address the appropriate trigger points using the chart. Immediately - within a week - the 3-4 short massages a day began to break up the tissue. Now I can strengthen and completely recover. I found the chart - and especially the logic in the book - very valuable. I will use them always.

This chart is good to have on hand if working with trigger points, but if you are unfamiliar with Trigger points, supplemental text is needed. I suggest the Trigger Point Therapy Workbook by Clair Davies which should be a suggested item on this page.

Easy to review and colorful in design. I would recommend this working tool for anyone that does trigger point work at any level.

But for a regular person like me, this was useless for me. I wanted a simple illustration of where to put pressure to ease where my aches and pain was. This wasn't it.

Just purchased an app for \$3 made by realbodyworks that is so much better and cheaper than this eye straining, laminated folder.

Finding the right trigger point is vital to relieving pain this Chart shows just how to find them. Massaging the right spot is fantastic.

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Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) The Concise Book of Trigger Points, Third Edition Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 2e Weight Watchers: The Smart Points Cookbook GuideÃÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: The Smart Points Cookbook GuideÃÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook GuideÃÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: 3 in 1 Box Set - The Smart Points Cookbook GuideÃÂ© with over 480+ Approved Recipes (Start The Points Plus Meal Plan, Weight Loss Bundle) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook GuideÃÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook GuideÃÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: The Smart Points Cookbook GuideÃÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Spanish Legal Conversation (Quickstudy: Academic) Heart (Quickstudy: Academic) Logic: Propositional Logic (Quickstudy: Academic) Medical Abbreviations & Acronyms (Quickstudy: Academic) Respiratory System (Quickstudy: Academic)

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