



The Trigger Point Therapy Workbook

YOUR SELF-TREATMENT GUIDE FOR PAIN RELIEF

Clair Davies, N.C.T.M.B.

Foreword by David G. Simons, M.D., coauthor of David & Simons'
Myofascial Pain and Dysfunction: The Trigger Point Manual

*"I believe this book will help end a great
deal of needless suffering and prevent
a great deal of unnecessary surgery."*

*—Dean Fearing, creator of
Fibromyalgia & Chronic Myofascial Pain*

The proven method for overcoming soft-tissue pain
now available in a practical step-by-step format.

Fibromyalgia · Chronic Myofascial Pain Syndrome · Low Back Pain
Carpal Tunnel · Tennis Elbow · Neck and Jaw Pain · Frozen Shoulder
Arthritis · Headaches · Sore Knees and Feet · Accident Trauma
Joint Pain and Muscle Aches · Sports and Repetitive Strain Injuries

Clair Davies

The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief



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Includes illustrations. With The Trigger Point Therapy Workbook, this confirmed self-massage technique is now available in an inexpensive, step-by-step format for anybody who needs it. Result in stage therapy is a proven therapeutic technique useful for the relief of soft-cells and myofascial discomfort and muscle tissue dysfunction, including pain from repetitive strain accidental injuries, accident trauma, and sports activities injuries, as well as fibromyalgia and related conditions.



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Thank You! My children doctor, 3 different physical therapists, an orthopedic surgeon, and a really great chiropractor had all didn't properly diagnose and treat the issue that was evoking the pain.. This book is a godsend. This book could be the best purchase I have available. The book then continues on to detail the fundamentals of trigger point technology and methods of self-treatment. I cannot thank you enough for making these details obtainable. Two populations will benefit. The first are experts dealing with myofascial pain. Mr. Davies' reserve has neatly summarized many of the essentials within the bar-setting but often intimidating 2-volume "bibles" of trigger point therapy by Janet Travell and David Simons, which can make many even more practitioners comfortable with the idea of looking for and treating trigger points with manual techniques. Five Stars Best trigger stage manual out there. David Simons. Even with the *greatest* professional treatment, myofascial conditions are highly recurrent and focusing on how to deal with these recurrences empowers individuals and thereby reduces fear and apprehension. With information referenced from current and highly reputable sources, The Result in Point Therapy Workbook has not only my highest suggestion, but also the endorsement of many, many well-known names in neuro-scientific myofascial pain, including among its pioneers, Dr. The book's focus is normally on self-treatment, that is not merely *possible*, but is in fact *extremely* effective, and frequently downright necessary in this point in time: healthcare costs are forever rising, insurance plan for physical therapy grows progressively more restrictive, massage therapists are often costly and the majority of the time, not really covered by insurance, and, money factors aside, pain will not always present itself when professional treatment is usually readily available. A Life Changer This book literally changed my life! After suffering for a long time with back and neck pain, which led to debilitating headaches, I was beginning to feel hopeless and depressed that I'd ever end up being pain free. I tried chiropractic, which resulted in temporary respite, until my tight muscle tissues misaligned my "adjustments" once again. I tried massage, which felt relaxing but hardly ever completely fixed the problem areas. It can help you to understand what forms of activities caused the trigger points (and preventing them from reoccurring). We found this book doing a search on muscle pain and ordered it. With this knowledge I have been in a position to alleviate back pain (that originates in my own hips) foot discomfort (that originates in the quads) and headaches (that springtime from neck stress), not just for myself but for my whole family members. I started the program immediately and noticed small improvements within a week. Keeping at it, I have regained mobility in my own spine and neck, and no longer wake up with a headache EVERYDAY! It really is something you have to continue, when I have slacked off because I feel so much better, the knots and stiffness return and it is back to square one. The most amazing, eye opening thing for me personally was that the source of the pain is not necessarily where you "feel" the pain, which is why massaging a sore area alone isn't effective. Reading the intro, the way the author had comparable experiences to mine, gave me wish that his method my work for me as well. Thank you Clair Davies wherever you are, for enhancing my life! Comprehensive information that promotes self-management.!! Clair Davies' reserve starts by describing the author's personal journey as a person in pain who discovered the energy of self-applied trigger point therapy. I know that sounds intense, but for less than the cost of a doctor visit co-payment, this publication showed me how exactly to relieve chronic discomfort in a number of areas -- discomfort that I have been dealing with for a long time.. Dr. I could treat myself and completely relieve pain that I believed would never disappear completely. I originally got it for sciata-like pain in one hip. Several people mentioned this book as a better remedy. If you're one of them, THANK YOU. I used to have to keep going back to the chiropractor to re-align my throat; I read the 1st few chapters (which provide a really

thorough, easy to understand explanation of what result in points are, what they perform, and how exactly to treat them), and then I went directly to the section that dealt with the area of the shoulder I had been having a problem with. I transpired the list of muscles given for pain in that specific portion of the shoulder, looked-up each of those muscles in their particular sections, feeling for trigger points where in fact the illustrations showed that they could be; and within about 20 minutes, I could find and discharge the trigger stage that had been causing me discomfort for many years. We then proceeded to read the complete book cover-to-cover. As I examine, I felt for each of the muscle tissue described (a lot of them, anyway), and checked them all for trigger factors. I really wasn't expecting anything, but actually found and released many trigger points that had been causing discomfort that I had been sure was due to other issues. I was able to relieve pain in my knee, foot, hip, back, neck;; This reserve was a last-ditch work to avoid surgery. It had been a pleasure to read, and has acquired a major impact on the quality of my entire life. Words cannot possibly perform it justice. I also lost weight then, but I steadily gained it back over 3 yrs or so. I've also found that by periodically massaging each of the areas where I initially found trigger points, I have been able to avoid and/or alleviate the majority of the common every-day aches and pains that I got become accustomed to through the years. This book is a very well-written, easy-to-follow guide that will show you how to find and treat trigger points that you (and your doctor) never knew have there been. It can help you get rid of chronic pain. I went to physical therapy, which was an utter waste of time, how could I do exercises with discomfort no mobility? And, it'll allow you to live a wholesome, happier, more pain-free life. We cannot recommend this publication highly enough. It has been two years since I bought this reserve, and my shoulder still feels great. D. It could help you just as much as it offers helped me – and if it doesn't, it will have cost you significantly less than a check out to the doctor. This book showed me where to find and fix the problem myself. Davies (Yes, I realize you are not an M. For those who have ANY chronic or recurring discomfort, please read this publication. and today, I even know how to prevent and/or alleviate my head aches that I had previously attributed to allergies and tension – AND I prevented shoulder procedure! but no "real" doctor has ever performed as much for me as your publication has), thank you for all of the time, effort, thought, and bother you put into your publication. but I haven't been there once since getting and fixing the trigger point that had been constantly pulling my spine away of alignment. Each body area contains muscle-by-muscle descriptions of trigger stage locations, causes, referred discomfort patterns, and specific self-treatment techniques with fingertips, thumbs, tennis balls or various other hand-held "tools". perfect for TCM Wonderful aid Amazing book This book is a "life saver". I am extremely active. The trigger point therapy provides amazing outcomes in relieving pains and aches that doctors desire to treat with medication. So it is a go to for me personally which fortunately I have not really needed for a few years (I am 77 now). I worked a lot on those muscles usually before going to sleep, but don't know if this is why the pains went aside in circular 2006 and haven't keep coming back. I am not a professional. I bought this book after reading reviews of some books about shoulder pain. Great professionally-written book, lots of fotos, intended for layman That is a fabuou book. It has acted up once or twice, but I've been able to fix it immediately simply by massaging the same spot where I originally found the problematic trigger stage. But I adopted the guidelines for a discomfort in one hand, and a plantar pain I got 1 day for no reason – both occasions, it worked. I tell everyone I can about this book. In case you are hesitating about buying it, read the author's story at the beginning at how she got into it - she was a piano tuner. After learning trigger point she got into helping various other tuners and then branched out from there. valuable information bought this book combined

with the TheraCane and love them both after my car crash, it really has helped. Five Stars yea This is an excellent book that I make reference to often This is an excellent book that I refer to often. If you suffer from chronic accidental injuries, this will provide you with insight into how you can deal with yourself via self therapeutic massage. Since there is no one treat for many ailments, you should have more control over muscular or joint pain. More important than info for clinicians may be the help and hope this publication offers to suffering individuals. Great organization, an easy task to follow Five Stars This book really helped me deal with my muscle pain



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