

A NEW HARBINGER SELF-HELP WORKBOOK

# The Trigger Point Therapy Workbook

## SECOND EDITION

YOUR SELF-TREATMENT GUIDE FOR PAIN RELIEF

Clair Davies, NCTMB  
with Amber Davies, NCTMB

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

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 Syndrome • Tennis Elbow • Neck and Jaw Pain  
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Accident Trauma • Joint Pain and Muscle Aches  
Sports and Repetitive Strain Injury

Clair Davies

## The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief, 2nd Edition



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The reserve has sold over 220,000 copies since the launch of the first edition in 2001. This powerful technique has made an enormous impact among health professionals and the public alike, becoming an overnight traditional in neuro-scientific pain relief. conditions that studies show to be the reason for nearly 25 percent of most doctor visits. The technique consists of applying short, repeated therapeutic massage strokes to trigger factors, tiny contraction knots in muscle mass where restricted circulation and insufficient oxygen cause referred pain. Trigger points create discomfort through the entire body in predictable patterns characteristic to each muscle tissue, producing discomfort which range from mild to severe. Trigger point massage increases circulation and oxygenation in the region and often produces instant relief. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to alleviate formerly undiagnosable muscle mass and joint discomfort—Trigger point therapy is one of the most intriguing and fastest-growing bodywork styles in the world. The next edition is a full update and carries a new chapter designed for massage professionals, in addition to a chapter on systematic muscle mass relaxation techniques that may reinforce the therapeutic power of trigger point work.



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Comprehensive information that promotes self-management.. This publication showed me where to find and fix the problem myself. This book is a godsend. Clair Davies' publication starts by describing the author's personal journey as a person in pain who discovered the power of self-applied trigger point therapy. The book then goes on to detail the fundamentals of trigger point science and methods of self-treatment. David Simons. Two populations will benefit. Five Stars Best trigger point manual out there. Mr. perfect for TCM Wonderful aid Amazing book This book has been a "life saver". Even more important than details for clinicians may be the help and wish this publication offers to suffering sufferers. I am not a professional. Several people mentioned this publication as a better solution. This book may be the best purchase I have ever made. Each body area contains muscle-by-muscle mass descriptions of trigger point locations, causes, referred pain patterns, and specific self-treatment techniques with fingertips, thumbs, tennis balls or additional hand-held "tools". A Life Changer This book literally changed my entire life! valuable information bought this book together with the TheraCane and like them both after my auto accident, it certainly has helped. I tried chiropractic, which led to temporary relief, until my tight muscles misaligned my "adjustments" again. I tried massage, which felt relaxing but by no means completely fixed the issue areas. I visited physical therapy, that was an utter waste of time, how may i do exercises with pain no mobility? I found this book doing a search on muscle pain and ordered it. Reading the intro, how the author had equivalent experiences to mine, gave me wish that his method my work for me too. I started this program immediately and noticed small improvements within weekly. Keeping at it, I've regained mobility in my lower back and neck, no longer wake up with a headache EVERYDAY! It is something you have to continue, when I have slacked off because Personally i think so much better, the knots and stiffness come back and it is back again 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. So it's a move to for me personally which fortunately I've not needed for a couple years (I am 77 now). but no "genuine" doctor has ever performed as much for me personally as your publication has), thank you for constantly, effort, thought, and bother you placed into your book. Thank You!!! With information referenced from current and highly reputable sources, The Trigger Point Therapy Workbook has not only my highest recommendation, but also the endorsement of many, many well-known names in the field of myofascial pain, including one of its pioneers, Dr. I understand that sounds severe, but also for less than the expense of a doctor visit co-payment, this reserve showed me how to relieve chronic discomfort in a number of areas -- pain that I had been dealing with for a long time. It provides acted up once or twice, but I've been able to fix it immediately simply by massaging the same place where I originally discovered the problematic trigger point.. I was able to treat myself and totally relieve pain that I thought could not go away. I purchased this book after reading testimonials of some books in shoulder pain. Despite having the \*greatest\* professional treatment, myofascial conditions are extremely recurrent and knowing how to cope with these recurrences empowers patients and thereby reduces dread and apprehension. If you are one of them, MANY THANKS. This book was a last-ditch work to avoid medical procedures. I read the first few chapters (which provide a really thorough, clear to see explanation of what result in points are, what they do, and how to treat them), and then I went right to the section that handled the part of the shoulder I have been having a issue with.; and within about 20 minutes, I was able to find and release the trigger point that had been causing me pain for many years. I then proceeded to read the whole book cover-to-cover. As I browse, I felt for each of the muscle tissues described (many of them, in any case), and checked all of them for trigger factors. I really wasn't expecting anything, but actually found and released many trigger points that had been causing pain that I had been sure was due to other issues. I was able to relieve pain in my own knee, foot, hip, back again, neck; and now, I even learn how to prevent and/or relieve my headaches that I experienced previously related to allergies and stress -- AND I prevented shoulder surgery! It's been two years since I purchased this reserve, and my shoulder still feels great. I show everyone I can concerning this book. I used to need to keep going back again to the chiropractor to re-align my throat; My children doctor, 3 different physical therapists, an orthopedic doctor, and a really great chiropractor had all failed to properly diagnose and deal with the problem that was evoking the pain. I am very energetic. We cannot recommend this book highly enough. It will help you get rid of chronic pain. It will help you to understand what types of activities caused the result in points (and how to prevent them from reoccurring). And, it will allow you to live a wholesome, happier, more

pain-free life. This book is an extremely well-written, easy-to-follow guide which will show you how to find and treat trigger points that you (as well as your doctor) never knew have there been. Words cannot perhaps do it justice. If you have ANY chronic or recurring discomfort, please read this book. Great professionally-written book, plenty of fotos, designed for layman. That is a fabulous book. Dr. Davies (Yes, I realize you're not an M.D. I transpired the list of muscles given for pain in that specific section of the shoulder, looked-up each of these muscles in their particular sections, feeling for trigger points where in fact the illustrations demonstrated that they might be; Thank you Clair Davies wherever you are, for enhancing my life! It was a pleasure to learn, and has experienced a major impact on the quality of my life. If you are hesitating about buying it, browse the author's story at the beginning at how she got into it - she was a piano tuner. Davies' reserve has neatly summarized most of the essentials contained in the bar-setting but frequently intimidating 2-volume "bibles" of trigger point therapy by Janet Travell and David Simons, which will make a lot more practitioners comfortable with the idea of searching for and treating trigger points with manual methods. I have also discovered that by periodically massaging each of the areas where I originally found trigger points, I have been able to prevent and/or alleviate most of the common every-day aches and pains that I experienced become accustomed to through the years. The trigger stage therapy provides amazing outcomes in relieving pains and aches that doctors desire to treat with medication. but I haven't been there once since finding and fixing the trigger point that had been constantly pulling my backbone away of alignment. It might help you just as much as it provides helped me -- and if it doesn't, it has cost you less than a go to to the doctor. The book's focus is normally on self-treatment, which is not only \*possible\*, but is in fact \*extremely\* effective, and frequently downright required in this day and age: healthcare costs are permanently rising, insurance plan for physical therapy grows progressively more restrictive, massage therapists are often costly and a lot of the time, not really covered by insurance, and, money elements aside, pain will not always present itself when professional treatment is usually easily available. I originally got it for sciata-like pain in a single hip. I worked well a whole lot on those muscles usually before going to sleep, but have no idea if that is why the pains went away in round 2006 and haven't come back. I also shed weight after that, but I steadily gained it back again over 3 yrs or so. But I adopted the instructions for a discomfort in one hand, and a plantar discomfort I got one day for no cause -- both times, it worked well. 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 only for myself but for my whole family members. I cannot thank you enough for making these details available. After learning result in point she got into helping various other tuners and then branched out from there. After suffering for a long time with back and throat pain, which resulted in debilitating headaches, I was starting to experience hopeless and depressed that I'd ever end up being pain free. Five Stars yea This is a fantastic book that I refer to often This is an excellent book that I make reference to often. If you suffer from chronic accidents, this will give you insight into ways to treat yourself via self massage therapy. Since there is no one treatment for many ailments, you should have even more control over muscular or joint discomfort. The first are experts dealing with myofascial pain. Great organization, an easy task to follow Five Stars This book really helped me deal with my muscle pain



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