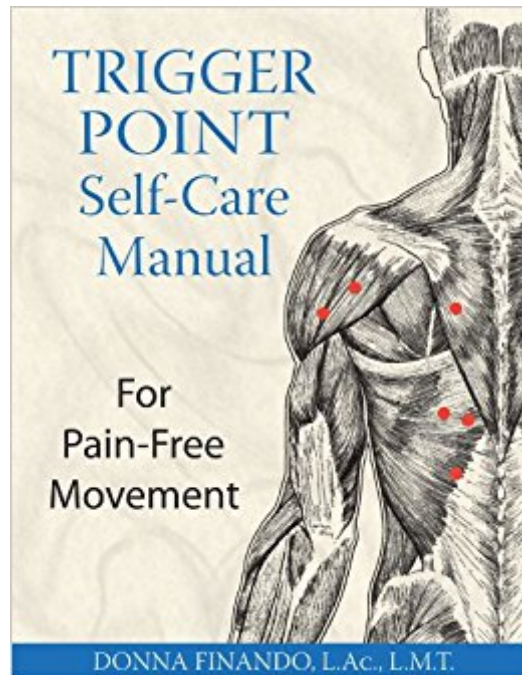




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Trigger Point Self-Care Manual: For Pain-Free Movement



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

"Any who suffer from muscle pain will find her methods specific and useful, based on her acupuncture and massage background and studies with Janet Travell, MD, a pioneer in pain

management." (Diane Donovan, Bookwatch, April 2006)"With an index of symptoms and easy to follow diagrams and illustrations, Finando provides the opportunity to gain control over your pain through the self-application of trigger point therapy." (Spirit of Change, Summer 2006)"With an index of symptoms and easy to follow diagrams and illustrations, Finando offers you the opportunity to gain control over your pain through trigger point therapy." (Alec Franklor, Edge Life, June 2007)"Acupuncture and massage practitioner Donna Finando, who specializes in myofascial techniques and has studied pain management with field pioneer Janet Travell, M.D., presents Trigger Point Self-Care Manual For Pain-Free Movement, a guide to self-care practices for promoting a healthier and happier life. Chapters examine the human body muscle by muscle, describing the different aches and pains that can result from stress or injury in each muscle, and teach readers about the "trigger points" in muscles that are particularly susceptible to damage and use pain as a warning sign to prevent even more serious injury. Exercises, stretches, and solid medical advice for taking good care of one's muscles fill this handy guide, written especially for lay readers and illustrated with black-and-white diagrams and red highlights. While the Trigger Point Self-Care Manual cannot replace a doctor's supervision, it is a valuable tool for personal health and maintenance and highly recommended, especially for people leading active lifestyles or those susceptible to muscular stiffness and soreness." (The Midwest Book Review, Feb 2006)

HEALTH / BODYWORKThe 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, while often painful, 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 muscular 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 region of the body, she describes the pain associated with trigger points in each muscle of that region, identifies the actions and positions that cause those trigger points to develop, and provides instructions for massaging, treating, and stretching the muscle in order to release it. **DONNA FINANDO, L.Ac., L.M.T.**, is a practitioner of acupuncture and massage, specializing in myofascial meridian therapy and myofascial release techniques. She studied with Janet Travell, M.D., a pioneer in the field of pain management, and has taught throughout the United States for more than twenty years.

She lives on Long Island, New York, where she has been in continual practice since 1976. She is also the coauthor of Trigger Point Therapy for Myofascial Pain.

Excellent book in terms of content and accessibility. I learned an immense amount about trigger points, and I have not even finished the book. It helped me understand chronic pain and referred pain. As a person with fibromyalgia, trigger point therapy is the only affordable and sustainable treatment option. Taking pharmaceuticals, receiving physical therapy or massages, and utilizing alternative care modalities are not sustainable for the rest of my life. The aforementioned options are only effective on a short-term basis, and I needed a better option that I have the most amount of control over--trigger point therapy.

My first favorite book on Trigger Point self-care, Integrates well with book by Davies, as well as Finando's other book on Myofascial Pain. If you only get one book on this topic , I suggest this one. The other two provide slightly different aspects, but all three are 'rich' in info. I read this from cover to cover, initially, and use the index to re-refer to specific issues. It is interesting that many 'new-age' people are re-examining Trigger Points as scientists acknowledge that not all treatments are in pill form.

This book was very useful in helping me treat my right rotator cuff shoulder pain and impingement. The basic premise is to massage all the tender areas in and around and in the vicinity of the sore joint. It took close to 2 months to get rid of the pain after suffering fo 20 months. The diagrams are great and helpful. This is not how you treat a complete tear of the rotator cuff, but is effective for inflammations and impingement. You need to work hard and be obsessive about persevering with this treatment until it's done. In other words, it's hard work, but definitely worth it. I only used it for my right shoulder, but I'm sure it can work for other joint and muscle pain as well.. Make sure to consult a health care professional about your diagnosis before you proceed, so you don't treat an acute surgical condition with massage. The availability in digital format was helpful in doing the treatment while away from home.

I haven't completly made my way through the book, but it has some great info and happy i bought it to add to my other massage books as an LMT. My favorite that competes with this book however and I tend to go to more often and just adore is the trigger point therapy workbook, by clair davies, that is a Must have for all LMT or anyone wanting to do self treatment at home, i also bought the

theracain that shows you techniques to work on your own triggerpoints, a must have for LMT self care

Awesome book if you suffer from myofascial syndrome. I had awful neck and shoulder pain caused by computer strain. I went through months of physical therapy and accupunture and nothing helped until I started massaging the trigger points suggested in the book.

I was really looking for a book that used body tools to treat trigger points not exercise. If a person is all into exercise I suppose it would be a good book. You certainly need the stretches to make trigger point pressure more effective. Maybe the stretches may help prevent trigger points in the future. In my experience you can stretch to heaven but if you don' release the trigger points first with pressure the stretches do little good.

The exercises in this book, to stretch specific muscles after removing tension knots[trigger points],are very valuable.also recommend Trigger Point Therapy manual by Clair Davies, [5 stars] which is much more detailed.Davies' method of a tennis ball in a long sock, placed between the sore back and the wall,works even faster and simpler.pain has many causes, sometimes several at once. Delighted to get these tips.

I have had various points of pain for the last 5-6 years and nothing helped. Finally my ring & pinky fingers on my left hand went numb and started drawing inward towards my palm & were aching all of the time. I did some therapy & massages but nothing helped and it was getting worse. This book helped me identify the trigger points that cause pain in specific areas then how to stretch the trigger point and possibly prevent pain from returning or at least the severity if the symptoms arise again.My fingers are no longer hurting or drawing inwards and the numbness is slowing fading. The more I continue to work the trigger point & stretch it gets better. I try to do little bits each day because after the first time I was so sore and swollen but I definitely felt so much better.I highly recommend this book to anyone with chronic pain or discomfort. I was so tired of taking medicine that wasn't helping the pain or problem. It has been years since I have had relief from pain and this booked helped me achieve it.

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