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Myofacial Pain and Dysfunction: The Trigger Point Manual, Vols. 1 and 2

Janet Travell

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Janet Travell : Myofacial Pain and Dysfunction: The Trigger Point Manual, Vols. 1 and 2 before purchasing it in order to gauge whether or not it would be worth my time, and all praised Myofacial Pain and Dysfunction: The Trigger Point Manual, Vols. 1 and 2:

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EXPLAINS HOW ABDOMINAL MUSCLES CAN CAUSE REFERRED PAIN INTO THE LOW BACK AND BY ABDOMINAL RELEASE TECHNIQUES,THE PATIENT CAN RECIEVE ALMOST INSTANT RELIEF AND BETTER MOBILITY AND RANGE OF MOTION.ALSO,SO MANY PEOPLE SUFFER EVERYDAY WITH NECK PAIN,MAYBE BECAUSE OF AN AUTOMOBILE ACCIDENT EXAMPLE;[WHIPLASH].THIS BOOK EXPLAINS HOW BY TREATING THE ANTERIOR CERVICAL MUSCLES OR NECK MUSCLES,NECK PAIN CAN BE REDUCED OR ALMOST ELIMINATED. I JUST WANT PEOPLE AND MEDICAL HEALTHCARE PRACTITIONERS TO KNOW THAT THERE IS TREATMENT FOR MUSCULAR SKELETAL PAIN BESIDES ANTI-INFLAMMATORY DRUGS OR MUSCLE RELAXERS WHICH ARE MOST OFTEN PERSCRIBED,AND PAIN SUFFERERS STILL HAVE PAIN. IF YOU'VE EVER HAD PAIN THEN YOU KNOW THAT THIS IS FRUSTRATING. MAYBE IF YOU'VE TRIED TO TREAT YOUR PATIENTS OR CLIENTS AND YOU HAVE NOT GOTTEN ANY RESULTS, GIVE THIS BOOK A CHANCE. ESPECIALLY NEUROMUSCULAR MASSAGE THERAPISTS THAT PRACTICE SOFT TISSUE MANIPUALTIONS OR CHIROPRACTORS WHO MAYBE EMPLOY MASSAGE THERAPISTS. I PROMISE THESE MANUALS WILL BE A HUGE SUCCESS IN YOUR BUSINESS PRACTICE OR EVEN AN INSTITUTION OF EDUCATION. SO MANY PRACTITIONERS OF THIS NATURE ARE CHASING PAIN, DON'T BE A PAIN CHASER, BE A SUCCESSFUL PRACTITIONER. GIVE THESE BOOKS A TRY, THEY COULD CHANGE YOUR LIFE, THEY'VE CHANGED MINE!

Two volume series that is required reading for anyone interested in trigger point therapy. Incredibly helpful.