

3<sup>RD</sup> EDITION

THE  
CONCISE BOOK  
OF  
TRIGGER  
POINTS

A PROFESSIONAL AND SELF-HELP MANUAL



SIMEON NIEL-ASHER

# The Concise Of Trigger Points

**Siegfried Mense, David G. Simons, I. Jon  
Russell**

## **The Concise Of Trigger Points:**

The Concise Book of Trigger Points Simeon Niel-Asher,2025-12-04 The Concise Book of Trigger Points explains how to treat chronic pain with trigger point therapy Learn the physiology of trigger points and general treatment methods Find detailed information on each muscle group including anatomical information pain patterns and treatment protocols *The Concise Book of Trigger Points, Third Edition* Simeon Niel-Asher,2014-09-16 Since publication almost ten years ago The Concise Book of Trigger Points has been translated into over twenty languages and become a best seller worldwide This new edition has been completely updated with current research evidence and advanced techniques for manual therapy practitioners and includes simple self help protocols that the layperson can do at home Containing full color illustrations this compact reference guide explains how to treat chronic pain through trigger point tender painful nodules that form in muscle fibers and connective tissues The easy reference format presents useful information about the trigger points relating to the main skeletal muscles which are central to massage bodywork and physical therapy The first six chapters provide a sound background to the physiology of trigger points and the general methods of treatment Chapters 7 through 12 are organized by muscle group with the information about each muscle presented in a uniform accessible style Each two page spread gives detailed anatomical information referred pain patterns plus key trigger point information practitioner protocols and self help information and drawings This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles The text is clear with detailed information about the presentation of syndromes in each body region and the illustrations show the referred pain patterns clearly Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms Dr Bob Gerwin MD FAAN Medical Director and President Johns Hopkins University School of Medicine Baltimore Maryland Simeon Niel Asher has improved on an already wonderfully descriptive book on myofascial pain trigger points and syndromes The text is clear the diagrams excellent and the overall result is an excellent resource Dr Simon Vulfsons MD Board Certified in Internal Medicine and Pain Management Director the Institute for Pain Medicine Rambam Health Care Campus Haifa Israel This book is a must have for manual therapists serious about their craft as well as for serious self treaters who want to take their level of understanding and treatment independence to a higher level The book is extremely well organized well written and concise The illustrations are beautiful and accurate Jonathan Reynolds PhD PT co owner and founder of Reynolds Rehabilitation Enterprises *The Concise Book of Dry Needling* John Sharkey,2025-12-03 The Concise Book of Dry Needling provides accurate and essential information for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine filiform needle The Concise Book of Trigger Points Simeon Niel-Asher,2008 Most muscular aches and pains are caused or affected by untreated trigger points localized tender spots in muscles Understanding and treating these points can lead to rapid and lasting pain relief Trigger point therapy is a powerful tool in the management of both acute and chronic pain including such common problems as headaches

TMJ syndrome and back pain Written in a straightforward style The Concise Book of Trigger Points is designed for the student and practitioner of massage bodywork physical therapy physiotherapy osteopathy sports therapy and any other health related field It functions both as an entry level textbook and an authoritative reference for even the most experienced therapist The first four chapters describe the physiology of trigger points and the general methods of treatment The following six chapters are organized by muscle groups each two page spread features detailed color illustrations of each major skeletal muscle accompanied by an explanation of each muscle s origin insertion action and function The physiological implications of the trigger points in each muscle are discussed along with treatment techniques This edition contains updated text and a self help section addressing common pain complaints including headache neck pain shoulder pain lower back pain and TMJ syndrome

**The Pocket Atlas of Trigger Points** Simeon Niel-Asher,2025-11-07 The Pocket Atlas of Trigger Points provides practical information for identifying trigger points treating chronic pain and addressing referred pain patterns Understand symptoms classification and trigger point formation then explore muscle groups and their common trigger points and conditions

*The Concise Book of Neuromuscular Therapy* John Sharkey,2008 A manual teaching the techniques of neuromuscular therapy NMT and how to combine it with medical exercise interventions for the treatment of soft tissue pain and injury Provided by publisher

**Concise Book of Trigger Points, 4th Edition** Simeon Neil-Asher,2022-04

*The Manual of Trigger Point and Myofascial Therapy* Dimitrios Kostopoulos,Konstantine Rizopoulos,2024-06-01 The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the evaluation and treatment of Myofascial pain and musculoskeletal dysfunction This user friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome The research is the most current and up to date available on the pathogenesis of Myofascial dysfunction clinical symptoms physical findings as well as diagnostic criteria Treatment methods and techniques are also covered in a comprehensive and step by step format The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting The muscle page contains a plethora of information for the reader including muscle origin insertion location of trigger points referenced pain patterns myofascial stretching exercises positive stretch signs and biomechanics of injury Extensive full color illustrations and pictures include treatment techniques therapeutic interventions and patient home exercise programs This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment

**Textbook of Remedial Massage** Sandra Grace,Jane Graves,2019-09-30 Textbook of Remedial Massage 2e is a comprehensive and practical book for students and practitioners of

remedial massage Written by Sandra Grace and Jane Graves the text provides expert instruction in commonly used and highly valued remedial massage techniques including trigger points muscle stretching and myofascial release Each technique is accompanied by step by step illustrations and photographs physiological principles current evidence of efficacy contraindications and precautions Detailed approach to assessments including red flags for serious conditions requiring referral Evidence based approach to assessment and treatment Comprehensive coverage of techniques that are included in remedial massage programs Focus on functional anatomy Assessment videos of major regions of the body and the integration of treatment techniques that are specific to the target tissue

[A Practical Guide to the Self-Management of Lower Back Pain](#) James Tang,2018-08-13 At the beginning your back may feel a little sorebut then it starts to get stiff Before you know it your muscles start seizing up causing you to bend over like an old man unable to move Soon it may even become chronic Constantly suffering or becoming addicted to pain medication is no way to live life which is why James Tang wrote this practical guide to help those who suffer from back pain Drawing on his experiences as someone who has suffered from lower back pain he helps you understand its causes and symptoms examining topics such as obesity flat feet sacroiliac joint dysfunction sleep positions and diet and sports nutrition He also highlights how to holistically manage lower back pain via trigger point therapy flexibility training and core stability exercises With the majority of the population spending their working lives in prolonged seated positions education about posture and back problems has never been more important Get straightforward advice on preventing managing and eradicating pain with [A Practical Guide to the Self Management of Lower Back Pain](#)

**Muscle Pain** Siegfried Mense,David G. Simons,I. Jon Russell,2001-01-01 For the first time a book that addresses all aspects of muscle pain fr om basic science to clinical treatment This book answers all possible questions regarding muscle pain from local muscle soreness to the f ibromyalgia syndrome The unique concept behind the book is the combin ation of neuroanatomical and neurophysiological data with the clinical management of all diseases that exhibit muscle pain

**Myofascial Pain and Fibromyalgia** Edward S. Rachlin,Isabel S. Rachlin,2002 This concise but thorough text covers both the theory and current practice of fibromyalgia and myofascial pain management It provides practical step by step descriptions of both traditional and state of the art approaches to trigger point injections and nerve blocks accompanied by clear diagrams that illustrate pain patterns muscle anatomy patient positioning and more An interdisciplinary approach draws on the knowledge and expertise of authorities in the fields of rheumatology physiatry orthopedic surgery psychology endocrinology physical therapy dentistry ergonomic engineering and anesthesiology

Diagnosis and treatment of fibromyalgia The metabolic and endocrine causes of muscle pain Treatment of neck and back pain and repetitive stress injuries Alternative and complementary approaches to treating muscle pain and chronic pain New diagnostic and injection techniques for myofascial pain fibromyalgia and trigger points Nerve block therapy for myofascial pain Diagnosis of musculoskeletal pain in children Facial pain management Five brand new chapters See the Table of

Contents The role of physical therapy including electrical modalities massage techniques manual therapy techniques body mechanics and ergonomics **NO-NONSENSE Trigger Points & Vagus Nerve (10-In-1)** Izumi Shinsei,2025-04-28

**Concise Dictionary of Modern Medicine** J. C. Segen,2006 This text includes 20 000 alphabetized entries for current medical acronyms and terms The entries also consist of encyclopedic definitions clinical aspects of medical terms and references to popular medical journals *Modalities for Massage and Bodywork* Elaine Stillerman,2014-12-18 Ideal for both classroom and practice *Modalities for Massage Bodywork* 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today s massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge **Myofascial Trigger Points** Jan Dommerholt,Peter Huijbregts,2010-10-22 Myofascial Trigger Points Pathophysiology and Evidence Informed Diagnosis and Management s emphasis is on the etiology of trigger points with a critical overview of current concepts The contributing authors are the

most respected myofascial pain research and practice experts The authors address the etiology of trigger points the epidemiology of myofascial pain clinical management of patients specific treatment issues and the role of trigger points in various pain syndromes This book is an accessible introduction to myofascial trigger points for physicians therapists chiropractors osteopaths acupuncturists and massage therapists [Trigger Point Therapy Made Simple](#) Richard Finn,2020-04-07 A practical guide to at home pain relief with trigger point therapy Whether you re recovering from an injury dealing with a chronic condition or experiencing daily headaches trigger point therapy can provide pain relief Those hidden tender knots in your muscles also known as trigger points may be small but they can cause a huge amount of pain Trigger Point Therapy Made Simple puts healing in your hands so you can stop living in pain and get back to thriving in your life Learn the ropes of trigger point therapy with an overview of what causes trigger points how trigger point therapy works and what to expect Organized by muscle the illustrated step by step instructions will help you find relief from injuries fibromyalgia and other myofascial pain conditions with gentle easy motions and massage techniques At home treatment should be simple and effective and now it is Trigger Point Therapy Made Simple includes Beyond massage Treat your muscles and your nervous system in 4 easy steps for maximum long lasting pain relief Anatomical aids Handy anatomical illustrations let you pinpoint where your pain is and show you how to perform the gentle movements that will help you heal Mind and body Retrain your brain with a holistic approach to treatment including helpful habits breathing exercises and stress relief tips Move better and recover faster with Trigger Point Therapy Made Simple **The Journal of the American Osteopathic Association** ,2009 **Last Minute Internal Medicine: A Concise Review for the Specialty Boards : A Concise Review for the Specialty Boards** Rebecca Miksad,Patricia DeLaMora,George Meyer,2008-03-21 When time is running out reach for the one book that concentrates your board preparation into a single power packed review If it s in here you ll see it on the board exam The most concise yet comprehensive Internal Medicine board exam prep available anywhere Logically organized by organ system Focuses on must know facts that will appear on the exams and presents them in a quick summary format with numerous tables lists and concise narrative Covers every area tested on the primary Internal Medicine board exam Perfect as a recertification refresher and clinical reference An absolute must for those last weeks before the exam when a high yield summary of key facts and pearls can make the difference between pass or fail Synopsis format maximizes content retention The super effective quick summary format allows you to Devote your study time to what you really need to know Learn and remember more in less time Evaluate your areas of strengths and weaknesses [Joyce in the Belly of the Big Truck; Workbook](#) Joyce A. Cascio,2005-05

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