



Pain Relief with Trigger Point Self-Help

Valerie DeLaune



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Pain Relief With Trigger Point Self Help:

The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest growing and most effective pain therapies in the world Medical doctors chiropractors physical therapists and massage therapists are all beginning to use this technique to relieve patients formerly undiagnosable muscle and joint pain both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits This book addresses the problem of myofascial trigger points tiny contraction knots that develop in a muscle when it is injured or overworked Restricted circulation and lack of oxygen in these points cause referred pain Massage of the trigger is the safest most natural and most effective form of pain therapy Trigger points create pain throughout the body in predictable patterns characteristic to each muscle producing discomfort ranging from mild to severe Trigger point massage increases circulation and oxygenation in the area and often produces instant relief The Trigger Point Therapy Workbook Third Edition has made a huge impact among health professionals and the public alike becoming an overnight classic in the field of pain relief This edition includes a new chapter by the now deceased author Clair Davies daughter Amber Davies who is passionate about continuing her father's legacy The new edition also includes postural assessments and muscle tests an illustrated index of symptoms and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points If you have ever suffered from or have treated someone who suffers from myofascial trigger point pain this is a must have book

Pain Relief with Trigger Point Self-Help Valerie DeLaune, 2011-10-04 Trigger points tender painful knots that develop in muscles and tissues are a common cause of chronic pain With more than a quarter of all Americans suffering from various types of daily chronic pain it is estimated that these hyper irritated hardened masses are the primary cause of pain 75 percent of the time Sustained self treatment is by far the most effective trigger point therapy Pain Relief with Trigger Point Self Help helps you understand and then treat your condition leading to rapid effective and lasting pain relief With full color photos and illustrations throughout it explains the physiology of trigger points and teaches you how to Locate your trigger points and understand referred pain Prevent trigger points from forming by making simple lifestyle changes practicing proper body mechanics and addressing nutritional deficiencies Treat trigger points by applying pressure and doing simple stretches Understand common pain conditions for each area of the body Written for anyone wishing to successfully treat his or her own pain the book is also an invaluable reference for any health care provider whose patients suffer from either chronic or acute pain

Pain Relief with Trigger Point Self-Help Valerie DeLaune, 2004-12 75% of pain is caused by trigger points areas of contracted cells in muscle tissue but they are drastically under diagnosed as the source of pain Trigger points may refer pain and other symptoms both in the local area and or to other areas of the body but since over 74% of trigger points are not located in the area where you feel pain treating the local area does not resolve the problem most of the time The most common referral patterns have been well documented and diagrammed over decades of research The

home page of this multi media book on Flashdrive has a photo of a body where you can place your computer cursor over your area of pain With a mouse click a drop down list of muscles that may contain trigger points appears By clicking on the muscle chapter links your browser takes you to each pertinent chapter You ll find illustrations of common pain referral patterns that you can compare with where you feel pain and this will help you figure out where the common trigger point causing your pain are located Along with outlining the common symptoms and causes for trigger points for each muscle the author has provided lists of helpful hints for resolving trigger points A written text describes self help techniques and you can click on an icon for a video demonstration The introductory chapters include detailed information on the physiology of trigger points general guidelines for self help techniques and descriptions of therapies that can help resolve trigger points A comprehensive chapter on factors that cause and keep trigger points activated such as nutritional problems illness misfitting furniture sleep problems hormonal imbalances joint misalignments injuries and emotional factors helps you identify things that keep your pain coming back Numerous suggestions help you resolve those factors for lasting relief This state of the art Flashdrive draws on the decades of research by Doctors Janet Travell and David G Simons combined with the 30 years of clinical experience of Acupuncturist Neuromuscular Therapist and author Valerie DeLaune LAc

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers Luciano L'Abate, 2014-01-14 Never has the need for a compendium of self help workbooks been so great From the founder of the world s first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002 Placed together in one volume for the first time A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form content and usability by the client From abuse to women s issues this annotated bibliography is alphabetized by author but can also be researched by subject While self help workbooks are currently not as popular or as mainstream as self help books and video that could soon change Self help workbooks are versatile cost effective and can be mass produced The workbook user is active rather than passive and the mental healthcare worker can analyze a more personal response from the user whether in the office or via the Internet A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers brings these workbooks together into one sourcebook to suit anyone s needs Each self help workbook is reviewed according to specific criteria contents structure specificity goal level of abstraction a subjective evaluation usually concludes the review of the workbook A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers also includes an in depth introduction discussing the need for workbooks in mental health practices indices for subject as well as author an address list of the publishing houses for the workbooks annotated in the bibliography an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self help workbooks for all mental health subjects Dr L Abate s highly selective review process helps you find

exactly what you need This unique sourcebook is vital for mental health clinicians counselors schoolteachers and college and graduate students **The Trigger Point Therapy Workbook** Clair Davies,Amber Davies,2004 This revised edition of Clair Davies s best selling book The Trigger Point Therapy Workbook outlines a very user friendly and completely up to date method of self massage that people can employ as a means of reducing and curing their pain [Trigger Point Therapy for Headaches and Migraines](#) Valerie DeLaune,2008 Trigger Point Therapy can offer relief to the millions who struggle daily with headache pain This book explains trigger point theory and then offers a complete program for self care that includes clear illustrations of all techniques **Healing through Trigger Point Therapy** Devin J. Starlanyl,John Sharkey,2013-08-27 This book is about empowerment for chronic pain patients and care providers alike Every chronic pain condition has a treatable myofascial trigger point component including fibromyalgia Many of the localized symptoms now considered as fibromyalgia are actually due to trigger points The central sensitization of fibromyalgia amplifies symptoms that trigger points cause and this book teaches care providers and patients how to identify and treat those causes Chronic myofascial pain due to trigger points can be body wide and can cause or maintain fibromyalgia central sensitization Trigger points can cause and or maintain or contribute to many types of pain and dysfunction including numbness and tingling fibromyalgia irritable bowel syndrome plantar fasciitis osteoarthritis cognitive dysfunctions and disorientation impotence incontinence loss of voice pelvic pain muscle weakness menstrual pain TMJ dysfunction shortness of breath and many symptoms attributed to old age or atypical or psychological sources Trigger point therapy has been around for decades but only recently have trigger points been imaged at the Mayo Clinic and National Institutes of Health Their ubiquity and importance is only now being recognized Devin Starlanyl is a medically trained chronic myofascial pain and fibromyalgia researcher and educator as well as a patient with both of these conditions She has provided chronic pain education and support to thousands of patients and care providers around the world for decades John Sharkey is a physiologist with more than twenty seven years of anatomy experience and the director of a myofascial pain facility Together they have written a comprehensive reference to trigger point treatment to help patients with fibromyalgia myofascial pain and many other conditions This guide will be useful for all types of doctors nurses therapists bodyworkers and lay people facilitating communication between care providers and patients and empowering patients who now struggle with all kinds of misunderstood and unexplained symptoms Part 1 explains what trigger points are and how they generate symptoms refer pain and other symptoms to other parts of the body and create a downward spiral of dysfunction The authors look at the interconnection between fibromyalgia and myofascial trigger points and their possible causes and symptoms identify stressors that perpetuate trigger points such as poor posture poor breathing habits nutritional inadequacies lack of sleep and environmental and psychological factors and provide a list of over one hundred pain symptoms and their most common corresponding trigger point sources Part 2 describes the sites of trigger points and their referral patterns within each region

of the body and provides pain relief solutions for fibromyalgia and trigger point patients and others with debilitating symptoms Pain treatment plans include both self help remedies for the patient stretching or postural exercises self massage techniques and prevention strategies as well as diagnostic and treatment hints for care providers Part 3 offers guidance for both patients and care providers in history taking examination and palpation skills as well as treatment options It offers a vision for the future that includes early assessment adequate medical training prevention of fibromyalgia and osteoarthritis changes to chronic pain management and possible solutions to the health care crisis and a healthier version of our middle age and golden years asserting that patients have a vital role to play in the management of their own health **A Massage**

Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points Leon Chaitow,Sandy Fritz,2006-01-01 Describing the background to the evolution of Rnon specificS backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache *Pain Care Essentials* Beth B. Hogans,Antje M.

Barreveld,2019-12-19 This book is designed to prepare young clinicians to assess and treat a wide variety of pain conditions in a manner that balances competence and compassion incorporating coordinated elements of pharmacological and non pharmacological therapies **Massage Fusion** Rachel Fairweather,Meghan Mari,2015-07-01 Massage Fusion is an

essential companion for any manual therapist interested in treating common pain issues Acclaimed teachers and therapists Rachel Fairweather and Meghan Mari offer a practical and dynamic step by step approach to gaining results with persistent client problems such as low back pain neck pain headaches carpal tunnel syndrome TMJ disorders stress related conditions and stubborn sporting injuries The book outlines a clear and evidence based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work trigger point therapy acupressure stretching and client self care suggestions Named after the authors successful UK based training company the Jing method has helped thousands of therapists build their practices Beautifully illustrated with clear photographs of each step this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence Drawing on both the available evidence and several decades of clinical experience Massage Fusion brings together art and science East and West philosophy and psychology into a joyful exploration of how to gain the best results for your clients A must read for all bodyworkers who want to be the best *Healing Yoga for Neck & Shoulder Pain* Carol Krucoff,2010 In Healing Yoga for

Neck and Shoulder Pain Duke Integrative Medicine yoga therapist and personal trainer Carol Krucoff offers readers effective yoga stretches postures and mind body techniques for eliminating neck and shoulder pain and tension Trigger Point Therapy for Low Back Pain Sharon Sauer,Mary Biancalana,2010 This book presents Sauer s trigger point therapy protocols for lumbar buttock and ilio sacral pain These gentle techniques are easy to learn and administer at home and include

compression stretching and range of motion exercises for the muscles that refer pain to the lower back and hip areas

Pain Medicine at a Glance Beth B. Hogans, 2021-11-08 Pain Medicine at a Glance The market leading at a Glance series is popular among healthcare students and newly qualified practitioners for its concise simple approach and excellent illustrations Each bite sized chapter is covered in a double page spread with clear easy to follow diagrams supported by succinct explanatory text Covering a wide range of topics books in the at a Glance series are ideal as introductory texts for teaching learning and revision and are useful throughout university and beyond Everything you need to know about Pain Medicine at a Glance Pain Medicine at a Glance is a user friendly visual introduction to the impact of pain in various clinical care settings focusing on primary care needs Aligned with learning objectives developed by the Johns Hopkins School of Medicine this authoritative guide covers the basic forms and pathophysiology of pain the clinical skills necessary for delivering excellent care pharmacological and non pharmacological treatments and a variety of special cases such as healthcare ethics integrative care and treatment planning for chronic pain self management therapy and the management of pain in children and older adults A new addition to the market leading at a Glance series the text offers concise and accessible chapters full color illustrations self assessment questions and easy to follow diagrams Topics include pain assessment cognitive factors that influence pain applying behavioral perspectives on pain managing opioids and other pharmacological therapies treating acute pain in patients with substance abuse issues and more Perfect for learning revision and teaching this book Provides a foundation of clinical and basic science knowledge about pain and its mechanisms Describes major forms of pain including surgical orofacial musculoskeletal and obstetric pain Offers advice on fostering empathy and compassionate practices in pain medicine Covers non pharmacological treatments such as physical therapy hydrotherapy meditation acupuncture massage and various focal treatments Includes discussion of recent advances and new discoveries in pain science Pain Medicine at a Glance is the ideal companion for medical and healthcare students junior doctors advanced practice providers nurse practitioners and others involved in diagnosing and treating pain associated illness For more information on the complete range of Wiley medical student and junior doctor publishing please visit www.wiley.com To receive automatic updates on Wiley books and journals join our email list Sign up today at www.wiley.com email All content reviewed by students for students Wiley Medical Education books are designed exactly for their intended audience All of our books are developed in collaboration with students This means that our books are always published with you the student in mind If you would like to be one of our student reviewers go to www.reviewmedicalbooks.com to find out more This book is also available as an e book For more details please see www.wiley.com buy 9781118837665 *Physical Rehabilitation* Susan B O'Sullivan, Thomas J Schmitz, George Fulk, 2019-01-25 Rely on this comprehensive curriculum spanning text and reference now and throughout your career You ll find everything you need to know about the rehabilitation management of adult patients from integrating basic surgical medical and therapeutic interventions to how to select the most

appropriate evaluation procedures develop rehabilitation goals and implement a treatment plan Online you ll find narrated full color video clips of patients in treatment including the initial examination interventions and outcomes for a variety of the conditions commonly seen in rehabilitation settings Trigger Point Therapy Workbook for Headaches & Migraines Including TMJ Pain Valerie Delaune,2024-09-30 75% of pain is caused by trigger points areas of contracted cells in muscle tissue but they are drastically under diagnosed as the source of pain including headaches and migraines Trigger points may refer pain and other symptoms both in the local area and or to other areas of the body but since over 74% of trigger points are not located in the area where you feel pain treating the local area does not resolve the problem most of the time The most common referral patterns have been well documented and diagrammed over decades of research Probably at least 90% of headaches and migraines are caused by trigger points in the upper back neck scalp and facial muscles You can probably relieve much or all of your headache pain with a combination of trigger point self help and identifying and eliminating all the perpetuating factors to the extent possible the things that cause and keep trigger points activated TMJ pain is often occurs together with headaches and migraines and it is essential to treat both for lasting relief In addition to headaches migraines and TMJ pain conditions such as trapezius pain neck stiffness and lack of range of motion head forward posture and improper breathing are addressed Chapters 6 through 16 have illustrations of muscles that may harbor trigger points that are the source of your pain You ll find illustrations of common pain referral patterns that you can compare with your symptoms and this will help you figure out where the common trigger points causing your pain are likely located Along with outlining the common symptoms and causes for trigger points for each muscle there are lists of helpful hints for resolving trigger points Self help techniques are written out and accompanied by detailed photos to guide you through the techniques An extensive Appendix on perpetuating factors that will cause trigger points to form in any of the muscles of the body will help you gain lasting relief *Alternative Dictionary Of Symptoms And Cures* Dr Caroline Shreeve,2013-03-31 Increased health awareness means that more and more people are now looking for alternatives to the treatments offered by conventional medicine In The Alternative Dictionary of Symptoms and Cures Dr Caroline Shreeve describes and defines in clear layman s terms a wide range of disorders and their possible treatments both orthodox and alternative The way in which alternative therapists work and the philosophy underlying the therapies are clearly explained and the opportunities for combining alternative and conventional medicine are also examined allowing the reader to make informed healthcare decisions Easy to use with an A Z of symptoms and conditions and cross referenced sections on disorders and therapies The Alternative Dictionary of Symptoms and Cures offers invaluable information and advice for when you or your family are ill **Frozen Shoulder Workbook** Clair Davies,2006 From the renowned author of the best selling Trigger Point Therapy Workbook comes this first ever book of self care techniques for frozen shoulder a very common painful and mobility restricting condition Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body David G. Simons,Janet G. Travell,Lois S. Simons,1999 This

Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body It includes 107 new drawings a number of trigger point release techniques in addition to spray and stretch and a new chapter on intercostal muscles and diaphragm **Back and Neck Disorders**

Sourcebook, 3rd Ed. James Chambers,2019-05-01 Provides consumer health information about the diseases disorders and injuries that affect the spinal column Includes index glossary of related terms and other resources *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

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