



Manual Trigger Point Therapy

Recognizing, Understanding and Treating Myofascial Pain and Dysfunction

Author : Gautschi

Date :

Edition : 1

Year : 2019

Illustrations : 1178

Pages : 712

ISBN : 9783132202917

Price : \$149.99

Description

Treating pain where it originates!

Manual trigger point therapy combines mechanical, reflex, biochemical, energetic, functional, cognitive-emotional, and behaviorally effective phenomena. As such, it influences not only peripheral nociceptive pain, but also intervenes in the body's pain-processing and transmission mechanisms.

Here you will learn: a systematic, manual-therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction; how to treat the accompanying fascial disorders; and how to prevent recurrences.

Key Features:

- Clinical background of myofascial pain and dysfunction
- Muscles, trigger points, and pain patterns at a glance
- Neuromuscular entrapments shown in detail
- Screening tests und pain guides for all common clinical patterns
- Manual treatment of trigger points and fasciae

Manual Trigger Point Therapy is your one-stop, comprehensive introduction to this fascinating, proven technique.

This book includes complimentary access to a digital copy on <https://medone.thieme.com>.

