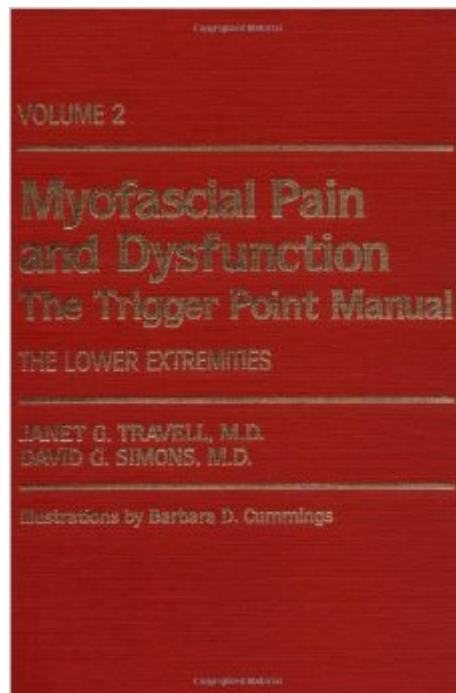


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# Myofascial Pain And Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities



## Synopsis

Volume 1 provided a thorough understanding of what myofascial pain actually is, and discussed the approach to effective diagnosis and treatment of the syndrome from the waist up. This second volume offers the same effective approach for the lower body muscles. It includes features and reviews of special topics not discussed in other literature. These include an extensive review of the causes of functional scoliosis, and how to identify them clinically; a review of the lower limb length inequality that details radiographic techniques for accurate measurement; how to examine intrapelvic muscles for trigger points; a topographical guide that simplifies distinguishing the three gluteal muscles and the piriformis muscle when palpating trigger points; the muscular origin of pain in sciatic, gluteal and perineal distributions; and an examination of the complexity of adductor longus muscle which helps explain why its importance is easily overlooked.

## Book Information

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## Customer Reviews

I bought these books (upper and lower extremities) to help me with trigger point work in the neck and shoulders, especially the scalenes and rotator cuff and to gain more knowledge with other major muscle groups. What I ended up with was a wealth of information, more than I could ever have dreamed of, these books are beautiful, wonderful color illustrations. Clear and easy to follow. There is also information on different stretches and how to educate and help the client. I will have these books for the rest of my life.

I bought the two volume set several years ago. It paid for itself the first time I used it and was able to get a severe headache under control at home, instead of going to the emergency room. Yes, even with a killer headache or back spasm, the book is easy to use, although it's got enough technical detail to make it an essential reference in any physician's library.

I have had both texts for years and use them daily. The amount of observation that went into this research is phenomenal. The soleus muscle can refer to the JAW and I actually saw this once, which shows how observant these authors are. So well laid out, so thorough, much true-to-life practicality. I am buying a second set for my other office as I cannot bear to be without these fabulous books.

this is the bible for all NMT therapists. There are many that will come after but this is the standard upon which everything else is built. Yes, I actually read it once. But its strength is in research. AS with all soft tissue therapist you can't keep it all in your head!

I have the most wonderful therapist who does mostly myofascial release. I knew she wanted these books, volume I and II so when I found the first volume at an ok price I bought it but then was on the watch for this one, the second of the set. The price was even better and the condition, although called 'used' was perfect! As for the book itself, she is absolutely delighted and refers to it daily - not only in the treatment of her patients but in the classes she teaches. All of her cohorts and her students are quite jealous of her having these valuable tomes as the diagramming is outstanding and the explanations so detailed. The author was the first to track the trigger points in the body and to teach the profession how to deal with releasing tension or blocks in any particular area. There is no comparison between this and the next best book on trigger point therapy. And the enormous benefit that has evolved from the knowledge that we can manipulate the fascia, and induce the body to heal itself instead of reliance on drugs or worse - surgery - is invaluable. Cheers to Janet Travell!!!!

I love these books!!! the descriptions are amazing and the illustrations show you how to release trigger points for your clients!!! I have both volumes and use them religiously! There are a million trigger point books out there, but they are all based on this one. I wanted the source!

Myofascial Pain and Dysfunction Vol 2 is a necessary resource for all massage therapist and

students on trigger points. Well written and illustrated. This is a MUST have book~!

Picks up where Volume 1 leaves off. A must for any health care practitioner who deals in pain syndromes, muscles, joints, etc. I can't recommend these volumes strongly enough.

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