

Travell Simons Trigger Point Flip Charts

This flip chart presents the most commonly accepted locations for myofascial trigger points and their corresponding referral zones for the major muscles and muscle groups of the human body.

A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians,

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osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology,

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specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

THE DARKLY ADDICTIVE THRILLER THAT READERS CAN'T STOP TALKING ABOUT. IF YOU LIKED WE NEED TO TALK ABOUT KEVIN, YOU'LL LOVE THIS

'Brilliantly chilling' Cara

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Hunter, author of Close to Home and In the Dark 'You'll try to outguess the plot but always be one step behind' C J Tudor _____

One Room. Two Liars. No Way Out FROM THE BESTSELLING AUTHOR OF THE HOUSE, COMES THE NEW SPINE-TINGLING THRILLER YOU WON'T BE ABLE TO PUT DOWN Susanna Fenton has a secret.

Fourteen years ago she left her identity behind, reinventing herself as a counsellor and starting a new life. It was the only way to keep her daughter safe. But everything changes when Adam Geraghty walks into her office. She's never met this young man before - so why does she feel like she knows him? Then Adam starts to tell her about a girl. A girl he

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wants to hurt. And Susanna realises she was wrong. She doesn't know him. **BUT HE KNOWS HER.**

What authors are saying
'Had me in a headlock from the start and wouldn't loosen its grip till the last page' John Marrs
'Deliciously dark and clever' Mark Edwards 'Taut, unsettling and brilliantly done' Tim Logan 'It will have you up all hours of the night!' Kathryn Croft
'Brilliant ... complex characters that draw you in and won't let you go' Amy Lloyd

What readers are saying
***** 'I read it in one session . . . a fabulous read'
Alison, Netgalley ***** 'Wow. Didn't want to put this down' Lucy, Netgalley ***** 'I LOVED this . . .

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extraordinarily addictive' Liz, Netgalley *** 'Spine-chilling, creepy, riveting . . . The Liar's Room is a very, very good book' Nicki, Netgalley**

Myofascial Release, Second Edition With HKPropel Online Video, offers a dynamic approach to fascial and soft tissue work suitable for all students embarking on a career in hands-on therapy as well as for experienced therapists looking to add skills to their treatments. Ruth Duncan, an advanced myofascial release therapist, proprietor, instructor, lecturer, national committee member and John F. Barnes protégé, shares her expertise to offer in-depth descriptions of myofascial techniques and their applications. This scientifically grounded

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approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities, allowing therapists to incorporate a range of treatments. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced

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explanations of the unique feel of soft tissue help the therapist enhance their palpation skills. The therapist learns how to apply the best approach (cross-hand releases, longitudinal plane releases, compression releases and transverse plane releases) on specific injuries or issues. A new chapter on scar tissue details how practitioners can relieve the pain and tension common in surgical and other types of scars. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release, Second Edition, includes special features that make this resource more effective for readers: Full-color photos present a strong visual guide to employing each technique

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safely. The photo index quickly points readers to the desired technique. Tips provide practical comments on applying the techniques. Client Talk boxes share the author's experiences and insights on common situations. Quick Questions at the end of each chapter test readers' knowledge of material. More than 20 online videos showcase visual demonstrations to help the reader learn the techniques more quickly and accurately. Finally, the text offers insight on interacting with clients. It covers the client consultation process, how to check for contraindications and perform the visual assessment, how the client may respond to the treatment, and what the practitioner and client

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might feel and see during the process. Readers will conclude Myofascial Release, Second Edition, with a holistic understanding of the approach and how to apply the principles to their practice. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Myofascial Release, Second Edition, Online CE Exam may be purchased separately or as part of the Myofascial Release, Second Edition, With CE Exam package that includes both the book and the exam. Note: A code for accessing HKPropel online video is included with this ebook.

A Guide to Fibromyalgia, Myofascial Pain and

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Dysfunction

Maitland's Peripheral Manipulation E-Book

A Western Scientific Approach

Trigger Point Therapy for Headaches & Migraines

The Traitor's Game (The Traitor's Game, Book 1)

**Travell & Simons' Myofascial Pain and Dysfunction:
Upper half of body**

The Dynamics of Persuasion has been a staple resource for teaching persuasion for nearly two decades. Author Richard M. Perloff speaks to students in a style that is engaging and informational, explaining key theories and research as well as

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providing timely and relevant examples. The companion website includes materials for both students and instructors and expanding the pedagogical utilities. The sixth edition includes: updated theoretical and applied research in a variety of areas, including framing, inoculation, and self-affirmation; new studies of health campaigns; expanded coverage of social media marketing; enhanced discussion of the Elaboration Likelihood Model in light of continued research and new applications to everyday

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persuasion. The fundamentals of the book - emphasis on theory, clear-cut explanation of findings, in-depth discussion of persuasion processes and effects, and easy-to-follow real-world applications - continue in the sixth edition.

The legacy of Geoff Maitland and his seminal work, *Peripheral Manipulation*, continues in this fifth edition, with Elly Hengeveld and Kevin Banks leading an international team of experts who demonstrate how to manage peripheral neuromusculoskeletal disorders using the

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principles and practice of the Maitland Concept. Together, they ensure the heart of the Concept beats on by promoting collaborative decision-making with the patient at centre and emphasizing the art and science of observation, listening, palpation and movement skills. A key feature of the new edition focuses on a more evidence-based and analytical view of the role of mobilization and manipulation in clinical practice. The authors have written in a way that reflects their application of the Maitland Concept and

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how they have integrated techniques in the light of advancement in professional knowledge. Each chapter stands alone as a 'master class'. The text is systematically arranged focusing on detailed assessment, clinical reasoning and re-assessment to determine the physical dysfunction and efficacy of manipulative physiotherapy techniques, while also advocating continuous communication and interaction. Techniques of passive mobilization are also described, specifically designed around the individual patient's condition.

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All the chapters are written from a clinical perspective and review the evidence which informs how to deal with and manage peripheral joint pain as they present to the practitioner. Furthermore, each peripheral region (craniomandibular, upper limbs and lower limbs) is considered from the point of view of best practice in analysing and hypothesising subjective data, examination, treatment and management of peripheral pain conditions. Brand new to the fifth edition is the addition of a companion website -

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Maitland's Manipulation eResources

(www.maitlandsresources.com) - providing access to a range of valuable learning materials which include videos, MCQs, interactive case studies, research links, and bonus chapters. World-leading experts provide evidence relating the Maitland Concept to clinical practice Evidence supporting practice Covers both subjective and physical examination Best practice management using mobilization and manipulation Case studies - how and when to integrate the Maitland Concept into

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clinical practice Chapter-based learning outcomes, keywords and glossaries

Companion website - Maitland's

Manipulation eResources

(www.maitlandsresources.com) Expert

perspectives and supporting evidence Case studies Companion website -

www.maitlandsresources.com - containing:

Video Bank of over 480 video clips showing examination and treatment techniques Image

Bank of over 1,000 illustrations

Interactive case studies Over 200 MCQs

Bonus chapters on additional principles

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and techniques of examination / treatment

Weblink references to abstracts

The Shoulder: Theory & Practice presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment, management and rehabilitation of musculoskeletal conditions of the shoulder. This book is a team project—led by two internationally renowned researchers and clinicians, Jeremy Lewis and César Fernández-de-las-

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Peñas. Other members of the team include over 100 prominent clinical experts and researchers. All are at the forefront of contributing new knowledge to enable us to provide better care for those seeking support for their shoulder problem. The team also comprises the voices of patients with shoulder problems who recount their experiences and provide clinicians with important insight into how better to communicate and manage the needs of the people who seek advice and guidance. The contributing authors include

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physiotherapists, physical therapists, medical doctors, orthopedic surgeons, psychologists, epidemiologists, radiologists, midwives, historians, nutritionists, anatomists, researchers, rheumatologists, oncologists, elite athletes, athletic trainers, pain scientists, strength and conditioning experts and practitioners of yoga and tai chi. The cumulative knowledge contained within the pages of *The Shoulder: Theory & Practice* would take decades to synthesise. *The Shoulder: Theory & Practice*

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is divided into 42 chapters over three parts that will holistically blend, as the title promises, all key aspects of the essential theory and practice to successfully support clinicians wanting to offer those seeing help the very best care possible. It will be an authoritative text and is supported by exceptional artwork, photographs and links to relevant online information.

Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles. Trigger points are

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hyperirritable spots in skeletal muscle. These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and, when compressed, elicit referred pain, local tenderness or a twitch response. This full-color guide helps you quickly find and treat trigger points in your clients by identifying:

- Common location of a trigger point in a particular muscle belly
- Possible causes of trigger points
- Symptoms and Indications
- Pain Patterns Associated Trigger Points
- Differential Diagnoses

This concise

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reference supports manual therapists familiar with Trigger Point therapy, quickly putting trigger points at their fingertips. For those wishing to learn the fundamentals of Trigger Point therapy or study the subject in greater depth, a list of recommended texts is provided. Students and practitioners will value the quality illustrations and easy access to this practical information. 115 pages, 210 images.

Office Hours: Day and Night

The Manual of Trigger Point and Myofascial

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Therapy

Stop Chasing Pain

The Trigger Point Manual

Condensed Matter Field Theory

The Myofascial Release Manual

Dr. Janet Travell was White House Physician under Presidents Kennedy and Johnson, the first woman to hold the post. She is also credited with the discovery of trigger points in the treatment of pain, specializing in myofascial pain.

Have you ever . . . Invested time in something that, in hindsight, just wasn't worth it? Paid too much in an eBay auction? Continued to do something you knew was bad for you? Sold stocks too late, or too early? Taken credit for

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success, but blamed failure on external circumstances? Backed the wrong horse? These are examples of what the author calls cognitive biases, simple errors all of us make in day-to-day thinking. But by knowing what they are and how to identify them, we can avoid them and make better choices: whether in dealing with personal problems or business negotiations, trying to save money or earn profits, or merely working out what we really want in life—and strategizing the best way to get it. Already an international bestseller, *The Art of Thinking Clearly* distills cutting-edge research from behavioral economics, psychology, and neuroscience into a clever, practical guide for anyone who's ever wanted to be wiser and make better decisions. A novelist, thinker, and entrepreneur, Rolf Dobelli deftly shows that in order to lead

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happier, more prosperous lives, we don't need extra cunning, new ideas, shiny gadgets, or more frantic hyperactivity—all we need is less irrationality. Simple, clear, and always surprising, this indispensable book will change the way you think and transform your decision making—at work, at home, every day. From why you shouldn't accept a free drink to why you should walk out of a movie you don't like, from why it's so hard to predict the future to why you shouldn't watch the news, *The Art of Thinking Clearly* helps solve the puzzle of human reasoning.

Willow Taylor lives in a castle with large walls and iron fences. But this is no ordinary castle. It's called Heartstone Psychiatric Hospital and it houses forty other patients. It has nurses with mean faces and techs with permanent frowns. It

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has a man, as well. A man who is cold and distant. Whose voice drips with authority. And whose piercing gray eyes hide secrets, and maybe linger on her face a second too long. Willow isn't supposed to look deep into those eyes. She isn't supposed to try to read his tightly-leashed emotions. Neither is she supposed to touch herself at night, imagining his powerful voice and that cold but beautiful face. No, Willow Taylor shouldn't be attracted to Simon Blackwood at all. Because she's a patient and he's her doctor. Her psychiatrist. The medicine man. NOTE: A STANDALONE novel set in the Heartstone world. KEYWORDS: Forbidden romance, age gap romance, older man younger woman romance, angst romance, patient doctor romance, alpha male romance, coming of age romance, opposites attract romance, grumpy

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hero sunshine heroine

Packed with vivid illustrations, best-selling FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY, 4E is written specifically for learners in a one-semester introductory A&P course in the allied health field who have little or no previous knowledge of anatomy and physiology. Known for its clear approach to teaching, the text is widely praised for its ability to break A&P down into very simple, easy to understand language. Content is organized according to body systems and focuses on the body working together to promote homeostasis. Improving both the quality and quantity of text illustrations, the Fourth Edition's new art program brings text concepts to life with new figures throughout. Important Notice: Media content referenced within the product description or the product text

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may not be available in the ebook version.

Understanding Its Nature, Diagnosis, and Treatment

The Autobiography of Janet Travell, M.D.

The Art of Thinking Clearly

Trigger Point Therapy for Myofascial Pain

The Practice of Informed Touch

Your Self-treatment Workbook for Pain Relief

This beautiful trigger point educational tool includes two charts: Trigger Points: Torso and Trigger Points: Extremities. Each chart illustrates and labels the muscles affected by trigger points, and shows trigger point locations with primary and secondary pain sensitive zones. Each chart includes a legend that explains how

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identify particular trigger points and their pain zones. This edition has updated images and improved content organization to maximize visual impact. The torso chart shows trigger points of the upper torso and shoulder, posterior deep and anterior-posterior pain referral guide. The extremities chart shows upper extremity, lower extremity, and head and neck trigger points. Made in U.S.A. Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners of 2 charts ISBN 9780781773072 20" x 26" heavy weight paper / set of 2 charts ISBN 9780781773065

I have such a bad headache! For many of us, this is an

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repeated cry of anguish. Statistics about headaches and migraines are downright astonishing: One in six people have frequent headaches, and of those, one in ten suffer from migraines. You are not alone. Headaches and migraines result in more than 10 million doctor visits each year. If you struggle frequently with headache pain, this book offers a welcome solution. Trigger point therapy is an effective self-care approach you can use to get relief from headache pain. Trigger points form in a portion of the muscle cell where blood flow is reduced and metabolic wastes are not being exchanged for oxygen and nutrients. When enough trigger points are located together, they

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form palpable knots in the tissue. Trigger points can cause pain, either in the area of the trigger point, or by referral to other areas of the body. Trigger points can be treated by applying pressure to affected areas, often providing instant relief. This book explains trigger point physiology and then offers a complete program for self-care that includes detailed illustrations of all pressure and stretching techniques. In addition, it provides an in-depth look at the factors that cause and perpetuate trigger points, such as body mechanics, injuries, diet and nutritional deficiencies, hormonal imbalances, and emotional factors, and provides solutions to address e

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perpetuating factor.

"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's 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

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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
applying pressure and doing simple stretches. Understand
common pain conditions for each area of the body Write
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."-- Publisher.

This book is about empowerment for chronic pain patients

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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

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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

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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

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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

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their most common corresponding trigger point source. 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. 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

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includes early assessment, adequate medical training, prevention of fibromyalgia and osteoarthritis, changes 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. From the Trade Paperback edition.

Medicine Man

The Shoulder

Management of Neuromusculoskeletal Disorders -
Trail Guide to the Body's Quick Reference to Trigger
Points

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Travell and Simons' Trigger Point Flip Charts

Trigger Point Therapy for Foot, Ankle, Knee & Leg Pain

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.

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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

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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.

Comprehensively revised and expanded with vital new content, the second edition of Medical Acupuncture continues to explore the realistic integration of acupuncture into conventional medicine. Advocating the Western medical acupuncture approach (WMA), this science-based compendium provides the trained practitioner with all the latest research on the effectiveness of WMA and its associated mechanisms,

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techniques, clinical practice and evidence. Medical Acupuncture demonstrates a variety of needling techniques and clinical applications within the context of WMA and its evolution from traditional Chinese acupuncture using current knowledge of anatomy, physiology and pathology alongside the principles of evidence-based medicine. Split into seven sections the book begins by establishing the roots of WMA in the Introduction and then progresses on to describe the mechanisms of action in Section 2, including peripheral components of stimulation and evidence from neuroimaging. Sections 3 and 4 cover clinical approaches (eg, superficial needling, electroacupuncture, safety of acupuncture) and

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techniques related to acupuncture (TENS, laser therapy). Section 5 takes a closer look at the difficulties faced by trials and reviews while Section 6 goes on to showcase 21 clinical uses of WMA, ranging from chronic pain, mental health, obstetrics and primary care to sports medicine, respiratory conditions and neurology. The final reference section contains dermatome/myotome maps, meridian/channel charts and standard international nomenclature. Comprehensive coverage of the scientific evidence and clinical application of acupuncture in medicine Balances the genuine benefits of acupuncture against unfounded claims Presents a wide range of treatable conditions from psychiatry and palliative care through to the pain clinic and veterinary medicine

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Clinical points boxes highlight key knowledge and learning Illustrated with over 130 drawings and photographs Content restructure and overhaul with contributions from over 40 world leading experts Individual chapters on the use of acupuncture for a wide range of medical conditions including gynaecology and infertility, cancer and palliative care, drug dependence, obesity, sports medicine, dentistry and veterinary practice Updated with the latest scientific evidence Expanded information on neuroanatomical and neurophysiological considerations in relation to the mechanisms of acupuncture For the first time a book that addresses all aspects of muscle pain from basic science to clinical treatment.

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This book answers all possible questions regarding muscle pain - from local muscle soreness to the fibromyalgia syndrome. The unique concept behind the book is the combination of neuroanatomical and neurophysiological data with the clinical management of all diseases that exhibit muscle pain.

THE GLOBAL BESTSELLER • Soon to be a BBC One and HBO Max limited four-part series, starring Gugu Mbatha-Raw (The Morning Show; Misbehaviour) and multiple Golden Globe, BAFTA, and Emmy-nominated actor David Oyelowo (Selma; Les Misérables) "A pitch-perfect novel of psychological suspense" (Lee Child) that spins one woman's seemingly good fortune, and another woman's mysterious fate, through a kaleidoscope of duplicity,

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death, and deception Please make a list of every possession you consider essential to your life. The request seems odd, even intrusive—and for the two women who answer, the consequences are devastating. EMMA Reeling from a traumatic break-in, Emma wants a new place to live. But none of the apartments she sees are affordable or feel safe. Until One Folgate Street. The house is an architectural masterpiece: a minimalist design of pale stone, plate glass, and soaring ceilings. But there are rules. The enigmatic architect who designed the house retains full control: no books, no throw pillows, no photos or clutter or personal effects of any kind. The space is intended to transform its occupant—and it does. JANE After a personal tragedy,

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Jane needs a fresh start. When she finds One Folgate Street she is instantly drawn to the space—and to its aloof but seductive creator. Moving in, Jane soon learns about the untimely death of the home's previous tenant, a woman similar to Jane in age and appearance. As Jane tries to untangle truth from lies, she unwittingly follows the same patterns, makes the same choices, crosses paths with the same people, and experiences the same terror, as the girl before. Praise for *The Girl Before* "Dazzling, startling, and above all cunning—a pitch-perfect novel of psychological suspense."—Lee Child "The Girl Before generates a fast pace. . . . [J. P.] Delaney intersperses ethics questions on stand-alone pages throughout the book. . . . The single most ingenious

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touch is that we're not provided either woman's answers."—The New York Times "J. P. Delaney builds the suspense."—Vanity Fair "Immediate guarantee: You will not be able to put this book down. . . . Fans of *Gone Girl* and *The Girl on the Train* will realize that there's not only more where that came from, but it's also more thrilling."—American Booksellers Association

Intracellular Delivery

Yamamoto New Scalp Acupuncture

Your Self-Treatment Guide for Pain Relief

The Girl Before

The addictive new psychological thriller from the bestselling author of *THE HOUSE*

Muscle Pain

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Principally based on dissections of hundreds of un-embalmed human cadavers over the past decade, Functional Atlas of the Human Fascial System presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation. Prof. Carla Stecco – orthopaedic surgeon and professor of anatomy and sport activities – brings together the research of a multi-specialist team of researchers and clinicians consisting of anatomists, biomechanical engineers, physiotherapists, osteopaths and plastic surgeons. In this Atlas Prof. Stecco presents for the first time a global view of fasciae and the actual connections that describe the

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myofascial kinetic chains. These descriptions help to explain how fascia plays a part in myofascial dysfunction and disease as well as how it may alter muscle function and disturb proprioceptive input. Prof. Stecco also highlights the continuity of the fascial planes, explaining the function of the fasciae and their connection between muscles, nerves and blood vessels. This understanding will help guide the practitioner in selecting the proper technique for a specific fascial problem with a view to enhancing manual therapy methods. Functional Atlas of the Human Fascial System opens with the first chapter classifying connective tissue and explaining its composition in terms of percentages of fibres, cells and

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extracellular matrix. The second chapter goes on to describe the general characteristics of the superficial fascia from a macroscopic and microscopic point of view; while the third analyzes the deep fascia in the same manner. The subsequent five chapters describe the fasciae from a topographical perspective. In this part of the Atlas, common anatomical terminology is used throughout to refer to the various fasciae but it also stresses the continuity of fasciae between the different bodily regions. Over 300 unique photographs which show fascia on fresh (not embalmed) cadavers Demonstrates the composition, form and function of the fascial system Highlights the role of the deep fascia for proprioception

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and peripheral motor coordination Companion website – www.atlasfascial.com – with videos showing how fascia connects with ligaments

Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the

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lower body muscles.

Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize

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in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into

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the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

The Concise Book of Trigger Points
Myofascial Release
Myofascial Pain and Dysfunction
Principles and Practice

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A Self-treatment Workbook

Myofascial Trigger Points

"A manual for understanding and treating chronic pain associated with trigger points, the tender, painful nodules that form in muscles and connective tissues"--Provided by publisher.

Modern experimental developments in condensed matter and ultracold atom physics present formidable challenges to theorists. This book provides a pedagogical introduction to quantum field theory in many-particle physics, emphasizing the applicability of the formalism to concrete problems. This second

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edition contains two new chapters developing path integral approaches to classical and quantum nonequilibrium phenomena. Other chapters cover a range of topics, from the introduction of many-body techniques and functional integration, to renormalization group methods, the theory of response functions, and topology. Conceptual aspects and formal methodology are emphasized, but the discussion focuses on practical experimental applications drawn largely from condensed matter physics and neighboring fields. Extended and challenging problems with fully worked solutions provide a bridge

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between formal manipulations and research-oriented thinking. Aimed at elevating graduate students to a level where they can engage in independent research, this book complements graduate level courses on many-particle theory.

Hearts and loyalties collide in this electrifying new YA series from New York Times bestselling author Jennifer A. Nielsen. *The Essential Guide to Doing Your Research Project 2e* is the ultimate companion to successfully completing your research project. Warm and pragmatic, it gives you the skills and the confidence needed to succeed

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no matter what happens along the way. The book guides you through every step of your research project, from getting started to analysing data and writing up. Each stage is clearly set out, highlighting best practice and providing practical tips and down-to-earth advice for actually doing research. Key features include: Fully developed companion website including podcasts, worksheets, examples of real projects and links to journal articles Chapter summaries Boxed definitions of key terms Full glossary Suggestions for further reading Bursting with real world examples and multidisciplinary

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case studies, this book addresses the key questions posed by anyone hoping to complete a research project. It is the must-have textbook every student needs. Available with Perusall—an eBook that makes it easier to prepare for class Perusall is an award-winning eBook platform featuring social annotation tools that allow students and instructors to collaboratively mark up and discuss their SAGE textbook. Backed by research and supported by technological innovations developed at Harvard University, this process of learning through collaborative annotation keeps your students

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engaged and makes teaching easier and more effective. Learn more.

Pain Relief With Trigger Point Self-Help Pathophysiology and Evidence-Informed Diagnosis and Management

The Essential Guide to Doing Your Research Project

The Liar's Room

A Novel

A Vital Guide for Healing Your Body, Moving Well, and Regaining Control of Your Life

This book features a special subsection of Nanomedicine, an application of nanotechnology to achieve

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breakthroughs in healthcare. It exploits the improved and often novel physical, chemical and biological properties of materials only existent at the nanometer scale. As a consequence of small scale, nanosystems in most cases are efficiently uptaken by cells and appear to act at the intracellular level. Nanotechnology has the potential to improve diagnosis, treatment and follow-up of diseases, and includes targeted drug delivery and regenerative medicine; it creates new tools and methods that impact significantly upon existing conservative practices. This volume is a collection of authoritative reviews. In the introductory section we define the field (intracellular

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delivery). Then, the fundamental routes of nanodelivery devices, cellular uptake, types of delivery devices, particularly in terms of localized cellular delivery, both for small drug molecules, macromolecular drugs and genes; at the academic and applied levels, are covered. The following section is dedicated to enhancing delivery via special targeting motifs followed by the introduction of different types of intracellular nanodelivery devices (e.g. a brief description of their chemistry) and ways of producing these different devices. Finally, we put special emphasis on particular disease states and on other biomedical applications, whilst diagnostic and sensing issues are also

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included. Intracellular delivery / therapy is a highly topical which will stir great interest. Intracellular delivery enables much more efficient drug delivery since the impact (on different organelles and sites) is intracellular as the drug is not supplied externally within the blood stream. There is great potential for targeted delivery with improved localized delivery and efficacy.

This comprehensive text describes the origins, mechanisms, beneficial applications and practical details of frequency specific therapy - a treatment technique that uses frequencies, micro amperage current and the principles of biological resonance to treat pain and a wide

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range of medical conditions. It includes condition specific frequency protocols for the treatment of various pain complaints, and multi-center clinical case reports documenting successful application of the technique. Each section includes a review of condition pathophysiology and differential diagnosis, plus current research. A DVD feature a lecture from the author, Powerpoint teaching slides, practical demonstrations of techniques, fully searchable text and downloadable images from the book! Foot, ankle, knee, and leg pain is extremely common, and recurring discomfort in these areas can affect mobility and become seriously detrimental to sufferers' health and

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quality of life. Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain presents complete treatment protocols readers can use at home to relieve pain in each of the fifteen muscle groups in this area and to prevent the pain from coming back. A trigger point forms when there is reduced blood flow through part of a muscle, leading to increased metabolic waste and reduced oxygen and nutrient flow. When trigger points group together, they form painful "knots" in the tissue. In this book, readers learn how to locate their pain and treat the associated muscle group. Each treatment ends with stretches, which help to condition the muscle to prevent further pain.

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Stop Chasing Pain empowers readers to take back control of their lives from pain--to get over their fear of movement and regain a connection with their bodies. Movement is brain candy and neural nitro for the whole body. Change how you move and you change your life! The human body is designed to move. Today's sedentary lifestyles and cookie-cutter exercise programs make us more prone to pain and injury. The answer lies in going back to how we learned to move in the first place, taking the body back to ground zero and tapping into fundamental human movement patterns. Full-body movements that integrate our muscular subsystems gives us strength, power,

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flexibility, timing, and coordination. Stability (the ability to control force) rules the movement road. Mobility without the ability to control it becomes a liability. This book helps readers regain stability by using Dr. Perry's unique RAIL Reset system to optimize function of the movement subsystems. Release, Activate, Integrate, Locomotion is the simple system that teaches people how to move better and keep it that way. Strength isn't buy Stop Chasing Pain begins with a fundamental pattern assessment to help readers see where they fall on the movement scale and how much stability they need to regain. Then it explains how to use the RAIL Reset

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system (Release, Activate, Integrate, Locomotion) to regress movement and progress strength. Mobility restrictions and pain are linked to dysfunction in the five movement subsystems: intrinsics, posterior oblique, anterior oblique, lateral, and deep longitudinal. Without these we don't move. Dr. Perry shows readers how to release them with rollers, balls, and bands; activate them with Chapman Reflex points; integrate with Powerhouse stretching and Primal Movement Chains fundamental patterns; and then stand up and move (locomotion).

Frequency Specific Microcurrent in Pain Management E-book

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A Clinician's Guide to the Evaluation and Treatment of Myofascial Disorders

Introduction to e-Business

Healing through Trigger Point Therapy

Medical Acupuncture

Thinking, Fast and Slow

Now celebrating its 50 years in print, this text has held onto the foundation of its great success, while also being re-invented for today's audience. The focus of this text remains the practical instruction of functional anatomy in order to quickly, and convincingly, guide readers to its use in professional performance. This text is filled with modern applications that will show your students the relevance of

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foundational material to their future careers.

Describes the ways in which the therapist receives feedback from the patient, particularly nonverbal feedback. The therapist learns to sense the feedback and interpret and respond to it. As a result, the therapist will determine how much, how long, and how forceful the stretch will be according to the responses of the patient's body. Includes Assessment Forms to help the therapist evaluate the patient's need for Myofascial Release and monitor progress throughout therapy. Discusses soft-tissue injury and its treatment through the myofascial stretching technique. Long standing injuries that have not responded to other methods of treatment can often be treated successfully with Myofascial Release.

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An Introduction to e-Business provides the contemporary knowledge of the key issues affecting the modern e-business environment and links theory and practice of management strategies relating to e-business. This book brings together the most cogent themes for an introduction to e-business and constitutes a valuable contribution to formalising common themes for teaching the subject in higher education. It brings together theoretical perspectives based on academic research and the application of e-business strategies. These concepts are further explored in the six case studies that follow the set chapters. This new textbook integrates the main themes to provide a complete picture of the key elements relevant to an introductory text in e-business. To fully appreciate the e-business

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environment it is necessary to understand the links between the different disciplines that come together to form

This user-friendly second edition provides a concise overview of Dr. Toshikatsu Yamamotos principles of scalp acupuncture for the treatment of patients with musculoskeletal and neurological pain. Each chapter covers a different aspect of Dr. Yamamotos theory and techniques, including essential information on Basic points, Ypsilon points, and new points developed by the author. A detailed discussion of indications, contraindications, diagnosis, needling selection, techniques, and possible side effects gives readers everything they need to determine the most effective treatment protocols for each patient.

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the second edition: A new chapter on energy and healing explains how YNSA works Carefully selected clinical cases demonstrate how to integrate YNSA into daily practice A color-coded laminated chart displays every YNSA point and serves as a convenient reference in the clinical setting 86 illustrations and algorithms supplement descriptions of points and treatments Online access to videos of narrated, live presentations of palpatory, diagnostic, and therapeutic techniques The second edition of Yamamoto New Scalp Acupuncture is an ideal introductory text for newcomers to the field as well as an indispensable resource for acupuncturists and pain specialists seeking to optimize patient care.

Mosby's Trigger Point Flip Chart with Referral Patterns and

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Stretching

Brunnstrom's Clinical Kinesiology

Trigger Points - Extremities and Torso

The Dynamics of Persuasion

The Trigger Point Therapy Workbook

Communication and Attitudes in the Twenty-First Century

A clinical reference manual for the evaluation and treatment of muscle pain. •

Detailed color illustrations of pain patterns and trigger-point locations. •

First accessible reference manual for acupuncturists, chiropractors, osteopaths, and physical, occupational, and massage

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therapists. In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. A "user's manual" for health care practitioners, Informed Touch examines a wide range of pain patterns and their treatment. Introductory chapters include discussion of the oriental medicine concept of Qi and its relationship to

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myology, information on trigger point location and activation, and palpatory skill-building techniques. Detailed information on each muscle, including pain-pattern and trigger-point illustrations and specific palpation instructions, allows clinicians to locate specific areas quickly and accurately. A visual index, showing reduced versions of the pain-pattern illustrations, makes it easy for clinicians to identify the muscles that may be involved in a patient's complaint. Informed Touch answers the reference needs

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of the growing community of physical and occupational therapists, acupuncturists, chiropractors, osteopaths, and massage therapists.

This book "offers the reader a comprehensive therapeutic approach for the valuation and treatment of myofascial pain and musculoskeletal dysfunction." "The first section covers the theory and current research regarding myofascial trigger point syndrome. The second section includes the muscles that tend to have a higher incidence of myofascial

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involvement. Each muscle is supplemented by two pages of text, photographs and illustrations to better aid the student or clinician in an institutional or practice setting." - back cover.

This book examines a special topic, JMMT. 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

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management of patients, specific treatment issues, and the role of trigger points in various pain syndromes.

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.

Fundamentals and Applications

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Informed Touch

Functional Atlas of the Human Fascial System

Fundamentals of Anatomy and Physiology