



The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief

Clair Davies , Amber Davies

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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.

The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief Details

Date : Published September 1st 2013 by New Harbinger Publications (first published April 1st 2001)

ISBN : 9781608824946

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Format : Paperback 376 pages

Genre : Health, Nonfiction, Reference, Sports, Fitness, Medical

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Kaeli McIntyre says

It's not often you can honestly say that a book changed your life but this one truly has changed mine. I used to be at the chiropractor and/or massage therapist's office at least weekly due to chronic pain. However I am now able to manage most of my pain on my own at home simply by releasing trigger points and doing self massage. Highly recommended!

Helen says

Best from available self-help handbook on dealing with unexplained muscle, connective tissue, joint, coccyx, neck and head ache. If in doubt - read reviews on the web, plenty of very detailed and helpful ones.

Pluses:

- This book and tool (and ability to massage yourself) is all what you need to start. Lacross ball and Back Body Buddy (or Knobble and Theracane) work as a massaging tool for accessible and hard to reach body areas.
- Trigger points for each pain location are clearly shown. If terminology is unfamiliar - ignore it and work with pictures.
- It really helps.
- If you like to know the story behind the book, here it is.

Minuses:

- Book format is less convenient than set of cards, that you can select and arrange for your current working on. When you move to another group of trigger points, you could choose another cards from the set. Less going back and forth through the book each time. Unfortunately, it's available only as a book.
- Too much unnecessary information for handbook. Interesting, but this is extra.
- It is quite tiresome - for you or somebody who do it for you - to do the regular work on large and deep muscles, even with Terracane, Knobble, lacrosse ball, for either low energy or more or less healthy person. Usually enough to pull through several sessions, but not for weeks. And if your mobility or energy levels are impaired, you may not be able to work on large or deep muscles. I eventually gave up and switched to described below.
- Worst - not in the book, but for you - is that if almost all your body is knotted, you have to do something on system level too, like follow Dr. Weston Price, Ramiel Nagel, Dr. Robert F. Cathcart, Dr. Myhill, or at least give a try to failsafe and low carbohydrate diets.

This book is extremely helpful, contains all essentials, affordable and entertaining. Highly recommended.

M. Sarki says

This is a book I will never be finished with. Anyone who has suffered from myo-fascial disease (and has somehow received help) knows what an important book this is. The medical profession is still slow to recognize the genius in this work, but those MD's who have distinguished its importance prove how brilliant they are as well. There is hardly any money to be made when the healer teaches the patient how to heal oneself. And that is why the medical profession disregards the study of muscle and the causes of pain. If they cannot perform surgery or prescribe drugs, treatments such as this are useless to them. Shame on the surgeons and physical therapists who refuse to practice this therapy.

Elisa says

This book is well worth owning if you suffer from chronic pain. It encouraged me to buy a 'Theracane' which is an amazing self-massage tool for deep tissue massage of your back and hips. I couldn't live without it. Trigger point Therapy is something I am quite passionate about (being an ex-massage therapist), and I've found it is the only thing that gives me instant relief from my chronic back pain. I am always referring back to this book whenever I have unusual aches and pains, or any other symptoms for that matter. Trigger points can cause an amazing range of symptoms such as eye twitching, tooth ache, dizziness, nausea, stomach aches, period pain and I could go on.

It is certainly not one of those natural remedy books that claim to change your life, but end up only having placebo effects. It will give you immediate relief once you find the right spot to work on. The only challenge is really making sure you don't strain your hands trying to get deep enough, which is why he recommends using things like the theracane, or a tennis ball / golf ball, anything firm that you can lean into. Some of the more superficial trigger points can be worked with your hands though.

J says

A little over three years ago, I fell from a height of two stories and broke both ankles. This life-changing event actually pushed me into teaching Mathematics and Science. So, the experience was not all bad. Unfortunately, I did not get the kind of medical attention I should have, and the consequence was that I severely damaged my right shoulder which bore a large part of the impact. Over time, the damage to my shoulder has become more evident - chiefly in the form of a disorder called "Frozen Shoulder Syndrome." I have slowly lost range of motion, and I've experienced increased more pain on the ensuing years. It is particularly difficult in raising my arm in a sideways direction, away from my body; I can no longer do it. I started conducting research about the problem because it is not only painful, but frightening. Once I was able to garner more information, it turned out that there are a variety of books written on the topic.

his book turned out to be the hands-down recommended book here on *goodreads*, and for good reason. It is well written and offers the kind of detail I needed in order to begin taking a more active role in addressing this painfully debilitating problem. The drawings and explanations are great for referencing whatever trigger points one might need to work on in order to free up tightened muscles and re-establish a pain-free existence. The recovery process may be longer than I might have wanted, but I am experiencing results every day, so I highly recommend this book. I may not be completely pain-free, but the results I am experiencing by way of

reduced pain, and increased range of motion have helped me to sleep better and understand that painful spots in my body may not necessarily be as obvious as the location of the pain itself.

Tim says

I have read several books on trigger points now. This one is by far my favourite. The one failing is that he makes it seem as if fixing trigger points will fix every Health problem that you have. In better news, because of this book my back and sciatic pain is now mostly gone! I do recommend seeing a massage therapist who specialises in trigger points so you can feel firsthand what one feels like.

Erin says

While this is not nearly as comprehensive as the Travell books, and some of the referral patterns differ, it's far more accessible as a self-care reference. I recommend this book to clients at least weekly, to encourage them to delve into understanding their muscular structure and possible sources of pain. An educated consumer is a powerful and effective force.

Joseph Santiago says

This is one of the most important reference books on my shelf today. I had an older edition and upgraded to this one because it brings the materials into the digital age. There is downloadable content for my tablet and I can use the charts in the book or from downloaded sources. This book is one of the best I have ever used to ease tension and unlock muscles that cause headaches and pain.

I recommend this book to anyone who is doing massage or acupuncture. I do it professionally but the skills I have learned from this book have made people think of me as a fixer. This book will be one of the most important references for your shelf. This is a good read!

Mr Joe

Jitka Egressy says

Amazing book for every therapist, even for personal trainers. Can help you with auto-treatment your pain. Magical Trigger points are responsible for about 68% of all our pain!! Give it a try. You will need only this book (like 10 bucks) and tennis ball (maybe a buck only).

You can heal yourself! This really works. I promise, that you will not be disappointed. Listen to your body and you can help yourself.

Erin Brenner says

A physical therapist suggested this book in conjunction with a series of daily exercises and regular chiropractic adjustments and PT. It's been a godsend.

Several exercises that pertain to my needs include using a tennis ball to massage the area. I now keep tennis balls everywhere; it's such a quick, easy way to temporarily relieve pain.

That said, be sure to talk to a medical professional before you use this book. They can guide you to the right exercises and ensure you're doing them properly.

Rah~ri says

One of the best and most accessible books out there on TP's
One of those books that should be in every home.

Monica says

A gift of love to mankind to relieve pain and suffering.

I picked up this book to better understand trigger points after one successful treatment by a trigger point therapist. Now with better understanding, I go to my therapist whenever I have aches and pains as I am able to understand the likely causes.

On one occasion I could not bend my knees for weeks after a netball game. Most people would think it is a knee problem, including doctors. But from this book I knew it was a muscular problem and went to my therapist. I continued to massage myself base on the book's instructions and was back to normal in 1-2 weeks. The trigger was a muscle pull in the inner thigh - nowhere near the knee.

This book aims to let readers help themselves and family through locating and releasing trigger points. It is a godsend and I thank the authors for their generosity in sharing their knowledge unconditionally without further marketing efforts to sell any products or services like some other books.

Betty Cheng says

This is a great book! Very clear, meticulous explanations. Accurate diagrams. Really lets you zoom in on your trouble spots once you get the hang of the organization.

If you have cramps, some kind of persistent muscular tension or muscle damage, you may find this book useful. You can be fairly certain about this if you need any kind of medically indicated massage or sometimes physical therapy. You should check first. I signed up with a masseuse who knew about trigger point therapy and recommended I follow up with **something** since I was so tense, he was unable to release the tension without hurting me.

On the other hand, the book and the assorted self-massage equipment isn't expensive. For less than \$60, you

can just try it out. I had a stiff knee which I suspected was caused by muscle tension aggravated by an old ankle injury. You see, there was this knot in the calf... at any rate, the book and the TheraCane that I purchase worked fine. Now I no longer limp. Worked better than physical therapy. I'm afraid the therapist never did zoom in on that cramping muscle. She was working more on the entire ankle and knee.

Kylie Sparks says

I am learning how to do self trigger point massage from this book using tennis balls and a wall! It is chock full of useful and interesting information about muscles, bones, trigger points, and pain relief. Something I didn't know before reading this book is that pain is often referred from other places. So, pain in your wrists and hands is about something going on in your shoulder or neck. Often, unnecessary and ineffective surgeries are performed when trigger point massage would be a lot more helpful. I highly recommend checking out this book, it is easy to understand and use.

Joshua Tintner says

This book has been a great help in treating others and myself. I am not a trained therapist, and do not do any type of massage, etc for pay. That said, sometimes a friend will mention a pain in one area and they cant massage it away. Ill bring the book down from the shelf, and sometimes just copy them a page or Ill show them how to look for the trigger point. Often this brings some relief.
