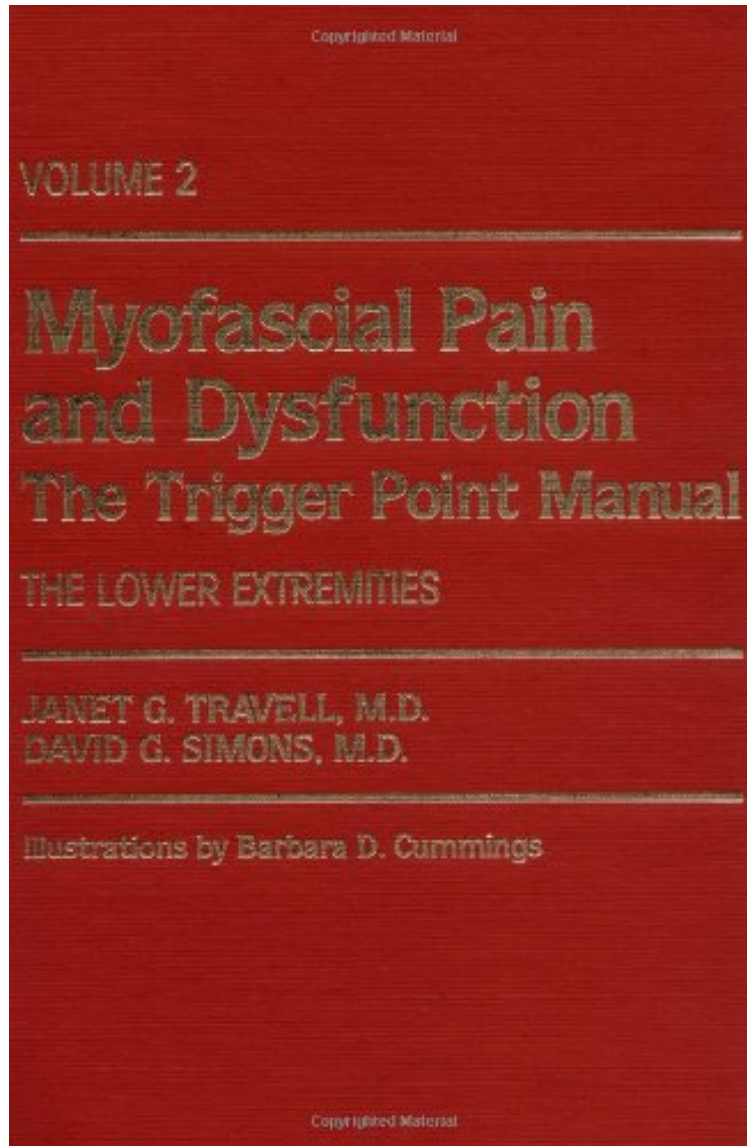


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## Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities

*Janet G. Travell, David G. Simons*  
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**Janet G. Travell, David G. Simons : Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities** before purchasing it in order to gage whether or not it would be worth my time, and all praised Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities:

0 of 0 people found the following review helpful. not a beginner readBy maha1972is very technical and a wonderful

reference for "The Trigger Point Therapy Workbook" third edition by Clair Davies2 of 2 people found the following review helpful. My massage therapist loved it!By Janice T. SchiltzI 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!!!!0 of 0 people found the following review helpful. Five StarsBy M. Kelleybest books ever

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.