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# Travell & Simons' Myofascial Pain And Dysfunction: The Trigger Point Manual (2-Volume Set)



## Synopsis

Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual.

## Book Information

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## Customer Reviews

As a Clinical Massage Therapist at a hospital, I use these books almost daily. In fact, I just ordered my second set. . . The first is so threadbare it's barely usable. ANYTIME I have a patient with a pain that I can't immediately identify I grab my Travell's. This set is an absolute BIBLE for anyone in the health care industry. Travell and Simons have essentially written "The Instruction Manual" for eliminating myofascial pain by going to it's source! Janet Travell, MD and David Simons, MD were absolute pioneers when it came to myofascial pain and it's treatment. What makes these books even more amazing is that they were written a full quarter of a century before doctors even acknowledged that myofascial pain actually existed. . . What makes them interesting is that, in this, the most current edition, they have re-evaluated about 65% of the sites that before would only be considered for cortizone or saline injection and now recommend these areas be attended to by a Massage Therapist. They even go into strong detail as to stroke, direction and stretching. There are still plenty of sites that they recommend for injection, but only in a last resort situation. The chapters are laid out in an incredibly easy to understand manner, though that's not even the beauty of the book's design. If you know the name of the muscle in question, you simply look inside the front cover; the muscle are all listed with their coresponding page numbers next to them. Don't know the name or not sure which muscle it is in the group? No problem. You again open the front cover and

there, in 5th grade simplicity, are charts for all the areas covered in the book. Flip to the area in question and look through the diagrams. When you find (in the super well drawn diagrams) the pain you are trying to treat, you are given, not only several treatment plans, but etiology and most likely direct nerve aggravation associated with the pain. My only problem with the set is that the books are not as well bound as maybe they could be for the price. You'll notice, however, that it didn't have enough of an impact on me to give it any less than a perfect score. I STRONGLY recommend this book for ANY health care practitioner that deals with pain control and alleviation.

The Trigger Point Manuals are the definitive texts on myofascial medicine. Myofascial medicine impacts every practitioner of medicine. At least half of the patients in any general practice have myofascial trigger points. This book should not be on your shelves--it should be in your hands! If doctors, nurse practitioners, dentists and physical therapists knew how this book could impact their practice and their patients' lives, the publishers would not be able to keep up with the demand for it. This book carefully explains the difference between fibromyalgia and myofascial pain syndrome, with new findings on the nature of trigger points. The trigger points of the upper body are explained, with their referral patterns, as well as why they can occur, and what to do about them. Every minute you spend with this book will be worth the time.

Janet Travell MD and David Simons MD spent a lifetime studying the patterns and treatment of muscular and soft tissue pain in patients. It is a specialty in itself, and provides an amazingly detailed review of anatomy. These books are the bible on the subject written by the "mother" and "father" of the specialty. There will hardly be a day in the professional life of a busy primary care practitioner, rheumatologist, orthopedist, neurologist, physiatrist or physical therapist when these books will not be used. The more one knows of this field, the more revelations one gets into those difficult chronic pain patients. The etiology and muscular complexity of the huge field of "tension headache" syndromes now become clear. With these books you will have the tools to diagnose and treat effectively (usually dramatically) the entire spectrum of myofascial pain from head to toe, muscle by muscle. Why do so few physicians know of this vital area of medicine?

DR. TRAVELL DOES AN OUTSTANDING JOB INVESTIGATING AND REPORTING ON A BRANCH OF MEDICINE THAT VERY FEW PHYSICIANS UNDERSTAND. SHE HAS PROVIDED US WITH A COOK BOOK METHOD OF TREATING MYOFASCIAL PAIN. SHE HAS TAKEN AN UNEXPLORED AREA OF MEDICINE, RESEARCHED IT, AND DEvised A METHOD OF

TREATMENT. I HAVE INCORPORATED HER TECHNIQUES INTO MY PRACTICE, AND I HAVE HAD GREAT SUCCESS. I STRONGLY RECOMMEND HER COMPLETE SET OF TEXTS TO ALL PRIMARY CARE PHYSICIANS. LEARNING AND PERFECTING HER TECHNIQUES DEMANDS MUCH TIME, HOWEVER, THE RESULTS ARE AMAZING.

The Trigger Point Manual is a two volume set detailing the current state of knowledge of trigger points and myofascial pain for both the upper body, vol. 1, and the lower extremities, vol. 2. It also contains fascinating analysis of how muscles work in different situations, offering insight into aspects of human movement. These wonderful books are essential reading for all manual therapists.

When I received this book as a present for passing my medical masseuse exams, I thought I received a "how to fix it" book. These books are much more for they cover anatomy, innervation, function, testing, reasons behind the pain, differential diagnosis, corrective actions all in addition to Triggerpoint Treatment. The 2 volumes are a must have in your library for daily reference and/or study. The illustrations are a welcome aid to oneself or for explanatory purposes to clients.

My daughter is a licensed massage therapist and was saving to purchase this set. She found them available at .com at a very reasonable price. This set is very highly recommended by massage schools nationwide, containing no-nonsense how-to's with direct instruction. My daughter used several techniques on her patients the first week she received her manuals, and provided great relief from their pain. I guarantee if you mention this set to any LMT, they will be very familiar with it. It's a wonderful investment and will never become outdated. That is a guarantee by both schools and LMT's!

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