



# The Concise Book of Trigger Points

*Simeon Niel-Asher*

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## **The Concise Book of Trigger Points** Simeon Niel-Asher

Since publication almost ten years ago, The Concise Book of Trigger Points has been translated into over 20 languages and become a best seller worldwide. The content of this new edition has been completely updated and revamped, sharing current research, evidence, and advanced techniques for manual therapy practitioners, as well as simple self-help protocols that the layperson can do at home. Containing full-colour illustrations, it is a compact reference guide, and explains how to treat chronic pain through trigger points - tender, painful nodules that form in muscle fibres and connective tissues. So much pain can be relieved quickly and efficiently with simple trigger point therapy. The book is designed in an easy reference format to offer useful information about the trigger points relating to the main skeletal muscles, which are central to massage, bodywork, and physical therapy. The first four chapters provide a sound background to the physiology of trigger points, and the general methods of treatment. The following six chapters are organized by muscle group, with the information about each muscle presented in a uniform style throughout. Each two-page spread gives detailed anatomical information, referred pain patterns, plus key trigger point information, practitioner protocols, and self-help information and drawings.

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