



The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook)

By Clair Davies NCTMB, Amber Davies CMTPT LMT

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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.

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Editorial Review

Review

"I have long been a believer in and practitioner of trigger point therapy. I certainly recommend this book to the general public and health care practitioners. It is truly an excellent resource and provides the tools that induce self-healing and empowerment."

—Bernie S. Siegel, MD, author of *Love, Medicine, and Miracles* and *Prescriptions for Living* and former student of Janet Travell, MD, author of *Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*

"This is ... a well-organized, easy-to-use handbook that will indeed help sufferers of myofascial pain learn to treat themselves with effective self-massage techniques. The detail and clarity of the book's format will also make it invaluable to pain physicians who want to be able to teach their patients useful, simple strategies to manage soft tissue pain problems."

—Joseph F. Audette, MD, instructor at Harvard Medical School and director of Outpatient Pain Services at Spaulding Rehabilitation Hospital in Medford, MA

"This is a useful book for anyone in chronic pain. There are few resources like this one, which empowers the reader to understand the problem and offers the tools to manage it. The approach to managing pain described in this book will help many take control of a significant part of their health and will become a valuable lifelong reference."

—Scott M. Fishman, MD, chief of the Division of Pain Medicine in the Department of Anesthesiology and Pain Medicine at the University of California, Davis and author of *The War on Pain*

"As a medical doctor who has been challenged by patients experiencing chronic pain, including those suffering from long-standing cases of fibromyalgia, I appreciate a safe solution for their problem. I believe this book, revealing that trigger point therapy may safely relieve chronic pain, should be in the hands of every doctor."

—Terry Shepherd Friedmann, MD, author of *Freedom Through Health*

"Trigger point massage therapy may be the most effective treatment known for a wide variety of pain problems, including fibromyalgia and myofascial pain syndrome."

—C. Norman Shealy, MD, PhD, founding president of the American Holistic Medical Association and author of *The Illustrated Encyclopedia of Healing Remedies*

"This must-have book gives practical methods for dealing with chronic pain in a format that is easy to use, and it works! I'm a believer!"

—Jo Ann Gillaspy, MS, RN, editor of *The Nephrology Resource Directory*

"Properly used, the information in the Davies's book should enable many people with myofascial trigger point disorders to participate effectively in treating their conditions. The book should be especially useful to those who do not have ready access to a practitioner familiar with the diagnosis and treatment of these common muscular problems."

—Michael D. Reynolds, MD, rheumatologist

"*The Trigger Point Therapy Workbook* is a welcome and timely addition to the worlds of personal wellness, pain relief, and self-care. The author creates a highly effective form of pain therapy that anyone can learn. This book is a valuable contribution to the field of self-applied therapeutic bodywork."

—Robert K. King, founder and president of the Chicago School of Massage Therapy

"I have personally benefited from the therapeutic effects of trigger point massage and I believe it deserves official recognition in the medical world. I hope physicians will study these self-treatment techniques and recommend them to their patients."

—Rose Marie Hackett, DO, osteopathic physician and radiologist

"As a chiropractor for twelve years and an instructor of trigger point therapy at the Utah College of Massage Therapy for ten years, I found the Davies' book very accurate and complete. The graphics and illustrations make it easy to show patients and clients ways to improve quality of life. I believe the book will be a valuable asset to all health care practitioners who use trigger point therapy."

—David B. Thomson, DC, instructor at the Utah College of Massage Therapy

About the Author

Now deceased, **Clair Davies, NCTMB (Nationally Certified in Therapeutic Massage and Bodywork)**, specialized in trigger point massage for the treatment of pain. Mr. Davies's interest in massage began when he successfully self-treated a frozen shoulder with trigger point massage. Inspired by the experience, he began an intensive private study of trigger points and referred pain. He subsequently retired from a thriving

piano service business to attend the Utah College of Massage Therapy where he trained as a professional massage therapist. From his home base in Lexington, Kentucky, Mr. Davies traveled extensively with his daughter Amber, leading continuing education workshops for professionals on trigger point massage. Clair Davies died peacefully at home in 2006 of colon cancer.

Amber Davies, CMTPT, LMT, is a certified myofascial trigger point therapist and licensed massage therapist living in Louisville, Kentucky. Her interest in trigger point therapy began in the mid-1990s when she and her father, Clair, successfully ended her six-year long battle with chronic low back pain. As a clinician, educator, and author, Ms. Davies is dedicated to helping bring the treatment of myofascial pain to the mainstream of healthcare. Ms. Davies teaches continuing education for professional therapists and self-treatment to people in pain. Visit www.triggerpointbook.com for course schedules, articles, discussion groups, and other resources.

Now deceased, foreword writer **David G. Simons, MD**, coauthored of *Travell & Simons Myofascial Pain and Dysfunction: The Trigger Point Manual*

Users Review

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Lisa Knight:

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

(A New Harbinger Self-Help Workbook) is the reserve that recommended to you to see. You can see the quality of the guide content that will be shown to an individual. The language that writer use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, therefore the information that they share to you is absolutely accurate. You also might get the e-book of The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) from the publisher to make you much more enjoy free time.

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