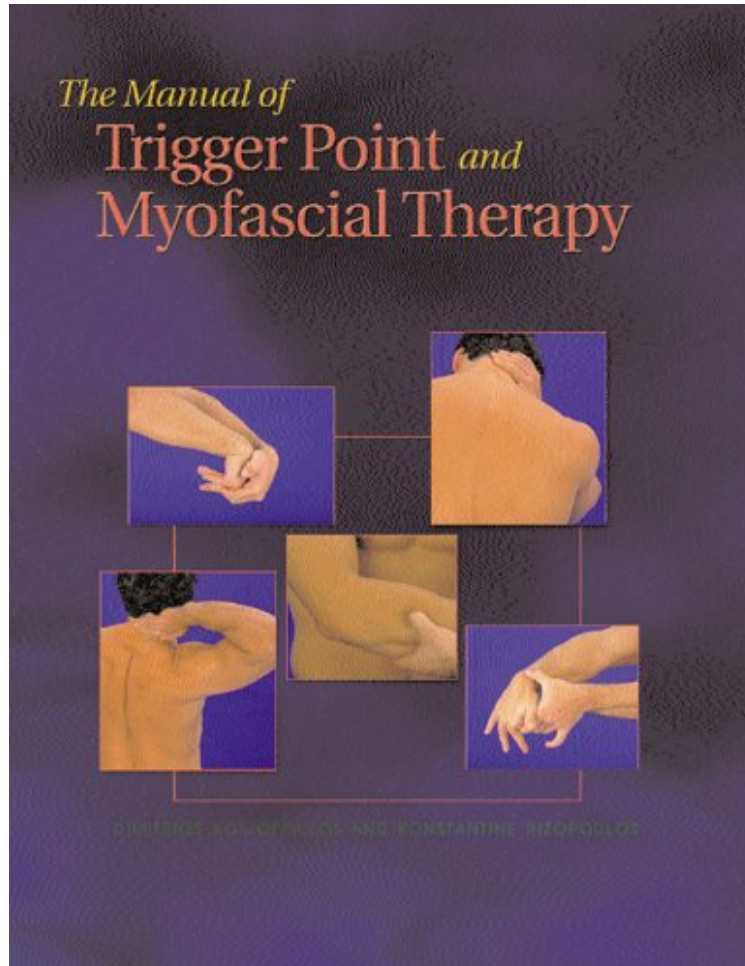


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# The Manual of Trigger Point and Myofascial Therapy

*Dimitrios Kostopoulos PT PhD, Konstantine Rizopoulos PT FABS*

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**Dimitrios Kostopoulos PT PhD, Konstantine Rizopoulos PT FABS : The Manual of Trigger Point and Myofascial Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Manual of Trigger Point and Myofascial Therapy:

0 of 0 people found the following review helpful. Five StarsBy Customervery good0 of 0 people found the following review helpful. Professionals' manual made easy for patients' use!By Kellie of SeattleProfessional Occupational Therapists use this manual to locate trigger points of pain. It also is a self help tool for the patient to have at home to understand better what the therapy is doing to help you. It is a fantastic reference book for all muscle and nerve trigger points of the entire body.A good price for a great deal of information and help!The Manual of Trigger Point and Myofascial Therapy:[...]0 of 0 people found the following review helpful. Five StarsBy ClaritaI love it!

The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the

evaluation and treatment of Myofascial pain and musculoskeletal dysfunction. This user-friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points. The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome. The research is the most current and up-to-date available on the pathogenesis of Myofascial dysfunction, clinical symptoms, physical findings as well as diagnostic criteria. Treatment methods and techniques are also covered in a comprehensive and step-by-step format. The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement. Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting. The muscle page contains a plethora of information for the reader including muscle origin, insertion, location of trigger points, referenced pain patterns, myofascial stretching exercises, positive stretch signs, and biomechanics of injury. Extensive full-color illustrations and pictures include treatment techniques, therapeutic interventions and patient home exercise programs. This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment.

Clinicians and students can easily use this book to enhance their understanding of trigger point therapy theory and technique. I highly recommend this book. Mary Delaney, PT, Journal of the Section on Womens Health  
The manual would be useful for any practicing physical therapy clinician or student who has an interest in evaluating and treating myofascial trigger points. Elaine Rosen, PT, DHSc, OCS, FAAOMPT, Journal of Orthopedic Sports Physical Therapy  
"I recommend this book as a reference to any manual therapist who would like to assist them in treating myofascial trigger points." Sylvia Mehl, PT, OCS, Orthopaedic Practice  
"The 'how-to' chapters are clear and well illustrated. This is one of the clearer and more helpful books I have seen on this topic." Sherry Borcharding, MA, OTR/L, University of Missouri, Columbia, MO