

neuromuscular trigger point therapy

Neuromuscular Trigger Point Therapy: Unlocking Relief from Muscle Pain

Neuromuscular trigger point therapy is a specialized treatment approach designed to alleviate muscle pain and improve mobility by targeting sensitive spots within muscle tissue known as trigger points. If you've ever experienced unexplained muscle tightness or nagging discomfort that just won't go away, trigger points might be the culprit. This therapy offers a hands-on way to deactivate these painful knots, helping restore muscle function and reduce chronic pain.

Understanding neuromuscular trigger point therapy can be a game-changer for anyone dealing with muscle tension, headaches, or even referred pain—pain felt in a different part of the body than the source. Let's dive into what this therapy involves, why it's effective, and how it can be integrated into a broader wellness routine.

What Are Neuromuscular Trigger Points?

Trigger points, often called "knots," are hyper-irritable spots located within taut bands of skeletal muscle fibers. These points can be tender to touch and may cause localized pain or referred pain patterns, meaning the discomfort is felt in an area away from the actual trigger point. For example, a trigger point in the shoulder can cause pain to radiate down the arm or up into the neck.

These points develop due to muscle overload, trauma, stress, poor posture, or repetitive motions, which cause sustained muscle contraction and decreased blood flow. Over time, this leads to a buildup of waste products and inflammation, perpetuating the cycle of pain.

How Trigger Points Affect Your Body

Trigger points don't just cause localized pain—they can disrupt your entire musculoskeletal system. They can lead to decreased range of motion, muscle weakness, and compensatory movement patterns that put strain on other muscles and joints. Left untreated, this can contribute to chronic pain conditions such as tension headaches, fibromyalgia, and myofascial pain syndrome.

How Neuromuscular Trigger Point Therapy Works

Neuromuscular trigger point therapy focuses on identifying and deactivating

these painful trigger points. Skilled therapists use their hands to palpate muscles, locating the knots and applying targeted pressure to release muscle tension.

Techniques Used in Trigger Point Therapy

- **Ischemic Compression:** Applying sustained pressure to a trigger point to restrict blood flow temporarily, which helps to “reset” the muscle fibers.
- **Deep Tissue Massage:** Using slow, firm strokes to break down adhesions and increase circulation around the affected muscle.
- **Stretching:** After releasing the trigger point, therapists often guide patients through stretches to elongate muscle fibers and prevent reactivation.
- **Dry Needling:** In some cases, therapists use thin needles inserted directly into trigger points to stimulate muscle relaxation.

These methods stimulate increased blood flow and oxygen to the area, helping flush out inflammatory substances and encouraging muscle healing.

What to Expect During a Session

A typical neuromuscular trigger point therapy session begins with an assessment where the therapist asks about your pain history and examines muscle tightness. Then, they locate the trigger points through palpation. You may feel some discomfort as pressure is applied, but it should never be unbearable. The therapist adjusts the intensity according to your tolerance.

After releasing the points, the therapist might recommend exercises or posture corrections to support recovery and prevent future flare-ups.

Benefits of Neuromuscular Trigger Point Therapy

People often turn to this therapy to find relief from chronic muscle pain, stiffness, and limited motion. Here are some of the key benefits:

- **Pain Relief:** By deactivating trigger points, patients experience reduced muscle pain and referred pain.
- **Improved Mobility:** Releasing muscle tightness restores flexibility and range of motion.
- **Enhanced Circulation:** Increased blood flow promotes faster healing.
- **Reduced Stress and Muscle Tension:** The therapy can trigger relaxation responses in the nervous system.
- **Complementary to Other Treatments:** It works well alongside physical therapy, chiropractic care, and exercise programs.

Who Can Benefit Most?

Anyone experiencing muscle pain or stiffness can potentially benefit, especially those with conditions like:

- Myofascial pain syndrome
- Tension headaches
- Sports injuries
- Postural imbalances
- Fibromyalgia

Athletes, office workers, and manual laborers alike can find relief, as trigger points frequently develop from repetitive strain or poor ergonomics.

Incorporating Trigger Point Therapy into Your Wellness Routine

While professional therapy sessions can provide significant relief, there are ways to support your muscles between visits.

Self-Care Tips for Managing Trigger Points

- **Foam Rolling:** Using a foam roller or massage ball to apply gentle pressure to tight muscles can help keep trigger points from forming.
- **Regular Stretching:** Maintaining flexibility reduces muscle tension and promotes circulation.
- **Hydration and Nutrition:** Proper hydration supports muscle health and recovery.
- **Posture Awareness:** Ergonomic adjustments at your workspace or during daily activities can prevent muscle overload.
- **Heat Therapy:** Warm packs increase blood flow and ease muscle stiffness.

Consistent self-care combined with professional trigger point therapy can greatly improve long-term outcomes.

Neuromuscular Trigger Point Therapy and Pain Management

Chronic pain is complex, often involving multiple contributing factors. Trigger points can be a hidden source that traditional pain medications don't address effectively. This therapy offers a targeted, drug-free approach to managing pain by tackling one of its root causes.

In many cases, patients report not only reduced pain but also improved sleep, mood, and overall quality of life after regular therapy sessions. It highlights the connection between physical and emotional well-being, emphasizing the importance of holistic care.

Integration with Other Therapies

Neuromuscular trigger point therapy often complements other rehabilitation methods such as:

- Physical therapy exercises to strengthen weak muscles
- Chiropractic adjustments to align the spine
- Acupuncture for pain modulation
- Mind-body practices like yoga and meditation to reduce stress

Combining these approaches can provide a comprehensive strategy for managing musculoskeletal pain and preventing recurrence.

If you've been struggling with persistent muscle pain or stiffness, exploring neuromuscular trigger point therapy might offer the relief you've been searching for. By addressing the underlying tension within your muscles, this therapy helps unlock movement and comfort, empowering you to live with less pain and more ease. Whether integrated into your existing health routine or pursued as a standalone treatment, it's a valuable tool in the journey toward better muscle health and overall wellness.

Frequently Asked Questions

What is neuromuscular trigger point therapy?

Neuromuscular trigger point therapy is a manual treatment technique that targets specific tight knots or trigger points in muscles to relieve pain, improve mobility, and restore normal muscle function.

How does neuromuscular trigger point therapy work?

The therapy works by applying pressure and massage to trigger points, which helps to release muscle tension, increase blood flow, and reduce pain and inflammation in affected areas.

What conditions can neuromuscular trigger point therapy help treat?

It can help treat conditions such as chronic pain, muscle stiffness, tension

headaches, fibromyalgia, myofascial pain syndrome, and sports injuries involving muscle tightness.

Is neuromuscular trigger point therapy safe?

Yes, when performed by a trained and licensed therapist, neuromuscular trigger point therapy is generally safe, though some patients may experience mild soreness or discomfort during or after treatment.

How many sessions of neuromuscular trigger point therapy are typically needed?

The number of sessions varies depending on the individual's condition and response to treatment, but many people notice improvement after 3 to 6 sessions.

Can neuromuscular trigger point therapy be combined with other treatments?

Yes, it can be effectively combined with physical therapy, chiropractic care, massage therapy, and exercise programs to enhance overall pain relief and functional recovery.

Who should avoid neuromuscular trigger point therapy?

People with certain medical conditions such as blood clotting disorders, infections, severe osteoporosis, or recent surgery should consult a healthcare provider before undergoing trigger point therapy.

Additional Resources

Neuromuscular Trigger Point Therapy: An In-Depth Professional Review

Neuromuscular trigger point therapy has garnered increasing attention in the fields of physical therapy, pain management, and rehabilitation due to its targeted approach to treating musculoskeletal pain and dysfunction. This therapeutic technique focuses on identifying and deactivating trigger points—hyperirritable spots within taut bands of skeletal muscle fibers—that are often the source of referred pain, restricted range of motion, and muscle weakness. As chronic pain conditions continue to challenge healthcare providers worldwide, neuromuscular trigger point therapy offers an intriguing, non-invasive option with the potential for significant patient relief.

Understanding Neuromuscular Trigger Point Therapy

Neuromuscular trigger point therapy is rooted in the concept that localized muscle knots, or trigger points, can cause widespread discomfort and functional impairment. These trigger points are thought to result from muscle strain, overuse, trauma, or repetitive stress, leading to abnormal contractions and ischemia within muscle fibers. The therapy itself involves manual techniques designed to deactivate these points, improve blood flow, and restore normal muscle function.

Unlike more generalized massage therapies, neuromuscular trigger point therapy zeroes in on specific muscle areas, applying precise pressure and manipulation. It is often integrated with other modalities such as stretching, dry needling, or electrical stimulation to enhance therapeutic outcomes. This specialized focus distinguishes it from traditional massage or physical therapy approaches and underlines its growing role in multidisciplinary pain management programs.

The Mechanisms Behind Trigger Points

Trigger points are characterized by their palpable nodules within muscle tissue, which can elicit pain locally or in referred patterns distant from the site. The underlying mechanism involves excessive acetylcholine release at the neuromuscular junction, leading to sustained sarcomere contraction and localized hypoxia. This biochemical environment fosters the development of sensitizing substances, perpetuating pain and muscle dysfunction.

From a neurological perspective, trigger points contribute to altered muscle spindle activity and dysfunctional motor control, which may exacerbate postural imbalances and compensatory movement patterns. Consequently, addressing these points has implications beyond mere symptom relief—it can restore neuromuscular coordination and prevent chronic musculoskeletal disorders.

Clinical Applications and Effectiveness

The application of neuromuscular trigger point therapy spans a wide spectrum of musculoskeletal conditions, ranging from acute injuries to chronic pain syndromes such as myofascial pain syndrome, tension-type headaches, fibromyalgia, and temporomandibular joint disorders. Its use has been documented in both sports medicine and general rehabilitation settings.

Multiple clinical studies have sought to evaluate the efficacy of trigger point therapy. A meta-analysis published in the Journal of Pain Research

(2019) highlighted moderate evidence supporting the reduction of pain intensity and improvement in range of motion following trigger point interventions. Moreover, patients often report enhanced functional capacity and decreased reliance on pharmacological pain management after consistent therapy sessions.

However, variability in treatment protocols and the subjective nature of pain assessment present challenges in establishing standardized guidelines. The effectiveness of neuromuscular trigger point therapy also depends heavily on practitioner skill and patient adherence to adjunctive home exercises.

Techniques Employed in Neuromuscular Trigger Point Therapy

Several distinct techniques are utilized to deactivate trigger points:

- **Ischemic Compression:** Sustained manual pressure is applied directly to the trigger point until a release or decrease in tenderness is noted, promoting increased blood flow.
- **Dry Needling:** Thin needles are inserted into the trigger point to elicit a local twitch response, disrupting dysfunctional muscle fibers and facilitating healing.
- **Spray and Stretch:** A topical vapocoolant spray is applied followed by passive stretching of the affected muscle, helping to reduce muscle spasm.
- **Myofascial Release:** Gentle sustained pressure and stretching of the fascia surrounding the muscle encourages relaxation and mobility.

Choosing the appropriate technique often involves evaluating the patient's pain tolerance, specific condition, and treatment goals.

Advantages and Limitations

Neuromuscular trigger point therapy offers several distinct advantages:

- **Non-invasive:** It provides an alternative to pharmacological or surgical interventions, minimizing side effects.
- **Targeted Relief:** Focuses on specific pain generators rather than generalized muscle relaxation.

- **Versatility:** Can be integrated with other therapeutic modalities for comprehensive care.
- **Patient Empowerment:** Often includes guided self-treatment techniques to maintain benefits.

However, certain limitations must be considered:

- **Variable Outcomes:** Effectiveness can differ widely among individuals and conditions.
- **Skill-Dependent:** Requires experienced practitioners for accurate diagnosis and treatment.
- **Temporary Relief:** Without addressing underlying biomechanical or lifestyle factors, symptoms may recur.
- **Discomfort:** Some patients experience soreness or discomfort during or after treatment.

Clinicians must weigh these factors when recommending neuromuscular trigger point therapy to ensure realistic expectations.

Integration with Broader Rehabilitation Strategies

Optimal management of musculoskeletal pain seldom relies on a single modality. Neuromuscular trigger point therapy is most effective when part of a holistic rehabilitation plan, which may include:

1. **Postural Correction:** Identifying and adjusting faulty postures that contribute to muscle overload.
2. **Therapeutic Exercise:** Strengthening and stretching to promote balanced muscle function.
3. **Ergonomic Interventions:** Modifying work or daily activities to reduce repetitive strain.
4. **Patient Education:** Teaching self-management strategies and pain coping mechanisms.

Such integrated approaches address both symptoms and root causes, enhancing

the long-term success of treatment.

Emerging Research and Future Directions

Ongoing research continues to refine the understanding and application of neuromuscular trigger point therapy. Advances in imaging technologies, such as ultrasound elastography, have improved the visualization of trigger points, aiding diagnosis and treatment precision. Additionally, studies investigating the biochemical milieu of trigger points may pave the way for targeted pharmacological adjuncts.

The role of neuromodulation and technology-assisted therapies combined with manual trigger point interventions is another promising frontier. Wearable devices that monitor muscle activity and provide biofeedback could augment self-management and optimize therapeutic timing.

Moreover, expanding randomized controlled trials with standardized protocols will help establish stronger evidence bases and clinical guidelines, potentially elevating neuromuscular trigger point therapy as a first-line treatment for various pain syndromes.

As the healthcare landscape increasingly emphasizes personalized and non-pharmacological treatment options, neuromuscular trigger point therapy stands poised to play a vital role in multidisciplinary pain management and functional rehabilitation.

In summary, neuromuscular trigger point therapy represents a focused, evidence-informed approach to addressing complex muscular pain and dysfunction. Its success hinges on accurate identification of trigger points, skilled application of manual techniques, and integration with comprehensive rehabilitation strategies. While challenges remain, ongoing research and clinical innovation continue to enhance its effectiveness and accessibility for patients worldwide.

Neuromuscular Trigger Point Therapy

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Valerie DeLaune, 2013-05 75% of pain is caused by trigger points (areas of contracted cells in muscle tissue), but they are drastically under-diagnosed as the source of pain. Trigger points may refer pain and other symptoms both in the local area and/or to other areas of the body, but since over 74% of trigger points are not located in the area where you feel pain, treating the local area does not resolve the problem most of the time. The most common referral patterns have been well documented and diagrammed over decades of research. The introductory chapter of this book includes general guidelines for self-help techniques and muscle care. Chapter 2 contains a diagram of a body divided into zones, with a list of muscles that may contain trigger points which are referring pain and other symptoms to each zone, so that you will know which subsequent chapters you need to read. The second edition has an added extensive Appendix on perpetuating factors that will cause trigger points to form in any of the muscles of the body. By using the Pain Guides, you can go to each chapter that may harbor trigger points that are the source of your pain. You'll find illustrations of common pain referral patterns that you can compare with your symptoms, and this will help you figure out where the common trigger points causing your pain are likely located. Along with outlining the common symptoms and causes for trigger points for each muscle, there are lists of helpful hints for resolving trigger points. Self-help techniques are written out and accompanied by detailed photos to guide you through the techniques. In addition to shoulder pain and frozen shoulder, conditions such as rotator cuff injuries, thoracic outlet syndrome, and head forward posture are addressed. This book draws on the decades of research by Doctors Janet Travell and David G. Simons, combined with the 29 years of clinical experience of Acupuncturist, Neuromuscular Therapist, and author Valerie DeLaune, LAc.

neuromuscular trigger point therapy: Trigger Point Therapy for Headaches and Migraines Valerie DeLaune, 2008 Trigger Point Therapy can offer relief to the millions who struggle daily with headache pain. This book explains trigger point theory and then offers a complete program for self care that includes clear illustrations of all techniques.

neuromuscular trigger point therapy: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 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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manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this resource from massage therapy expert Sandy Fritz is your text of choice. - Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. - Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. - Three hours of video on the Evolve website demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — as well as review activities for licensing exams. - Proficiency exercises provide opportunities to practice and apply what you are learning. - Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. - Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. - Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. - Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. - Review tools include matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve. - Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. - Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. - Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. - In-depth coverage of HIPAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. - Foot in the Door boxes outline the professional skills expected by prospective employers. - Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common medications.

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shoulder, conditions such as rotator cuff injuries, thoracic outlet syndrome, and head forward posture are addressed. This book draws on the decades of research by Doctors Janet Travell and David G. Simons, combined with the 29 years of clinical experience of Acupuncturist, Neuromuscular Therapist, and author Valerie DeLaune, LAc.

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chapter outlines, chapter learning objectives, key terms, and workbook-style exercises. - A companion Evolve website includes: - PubMed links to research supporting best practices and justification for massage application. - More information on topics such as insurance, pharmacology, and nutrition. - More information on anatomy and physiology and other subjects. - A comprehensive glossary with key terms and some audio pronunciations.

neuromuscular trigger point therapy: Manual Therapy for Musculoskeletal Pain

Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-04-28 A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and updated aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain and neurodynamics. - The only one-stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data - Over 800 illustrations demonstrating examination procedures and techniques - Led by an expert editorial team and contributed by internationally-renowned researchers, educators and clinicians - Covers epidemiology and history-taking - Highly practical with a constant clinical emphasis

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Simeon Niel-Asher, 2014-09-16 Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles. Understanding and treating these points can lead to rapid and lasting pain relief. Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. The Concise Book of Trigger Points has set the gold standard for providing a clear understanding of the treatment of trigger points. Designed for the student and practitioner of massage/bodywork, physical therapy, physiotherapy, osteopathy, sports therapy, and any other health-related field, it functions both as an entry-level textbook and an authoritative reference for even the most experienced therapist. This updated third edition includes new self-help and practitioner treatment guidelines for each muscle discussed, covering cutting-edge trigger point theory and practice. The opening chapters describe the basics of trigger points and include detailed therapeutic protocols. Chapters seven through twelve are organized by muscle groups, with detailed color illustrations of each major skeletal muscle. In addition, respected osteopath Simeon Niel-Asher discusses the physiological implications of the trigger points in each muscle—and techniques for treatment—and addresses the most common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome. This is a must-have manual for students, professional hands-on therapists, and those who wish to gain a greater knowledge of trigger point therapy. "This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms." --Dr. Bob

Gerwin, MD, FAAN Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland "Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofacial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource." --Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel "This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate." --Jonathan Reynolds, Director, TOLA systems.

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neuromuscular trigger point therapy: Sports & Exercise Massage Sandy Fritz, 2013-02-01 Providing guidelines for applying massage to amateur and professional athletes, *Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness, & Rehabilitation*, 2nd Edition helps you address the challenges of treating clients involved in sports, physical fitness, rehabilitation, and exercise. In-depth coverage describes common patterns for sports activities, such as running and throwing, and uses the principles of massage to focus on assessment techniques, indications, contraindications, and outcome goals. This edition includes a new chapter on stretching, hundreds of full-color photos of techniques, and an Evolve companion website with step-by-step videos demonstrating sports massage applications. Written by noted educator and massage therapy expert Sandy Fritz, this resource provides the proven massage techniques you need to manage common exercise and sports injuries and syndromes. - Comprehensive coverage includes all the essentials of sports and exercise massage in one resource, with topics such as theories of sports, fitness, and rehabilitation; a brief anatomy and physiology review; basic nutrition for fitness; a review of massage methods and detailed descriptions of therapeutic techniques that apply to sports massage, such as lymph drainage, care of acute injury, connective and deep tissue applications, and pain management; and discussions of categories of injury common to athletes: sprains, strains, wounds, contusions, joint injury, and more. - More than 600 full-color illustrations show procedures, concepts, and techniques. - Student-friendly features include chapter outlines and learning objectives, key terms, summaries, review questions, a glossary, and In My Experience boxes highlighting real-life situations in sports and exercise massage. - Case studies provide an opportunity to develop clinical reasoning skills. - Student resources on an Evolve companion website include videos demonstrating techniques, a stretching atlas, a general massage protocol, and additional case studies. - Expert author Sandy Fritz provides massage for professional athletes in many sports, and her school, the Health Enrichment Center, had a 13-year partnership with the Detroit Lions. - UPDATED photos and illustrations show techniques with more clarity than before. - NEW Stretching chapter shows how to use methods of stretching in a safe and beneficial manner. - UPDATED complete general protocol suitable for the common athlete is included on the Evolve companion website, featuring a video and a step-by-step guide that can easily be modified to meet the specific needs of athletic clients. - Added emphasis on treatment planning for athletic clients includes case studies and more In My Experience boxes describing Sandy Fritz's real-life experiences with sports massage. - Expanded chapter on research supports evidence-informed practice, including research on fascia and kinesiotaping. - Additional orthopedic tests most commonly used by massage therapists are included to enhance your skills in assessment and referral.

neuromuscular trigger point therapy: Myofascial Massage Marian Wolfe Dixon, 2007 This invaluable resource will help practitioners and students sort out differences and similarities between popular myofascial styles. Early chapters offer a solid review of anatomy and physiology as they relate to myofascial massage. Subsequent chapters focus on specific direct and indirect techniques

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Acupuncturist, Neuromuscular Therapist, and author Valerie DeLaune, LAc.

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