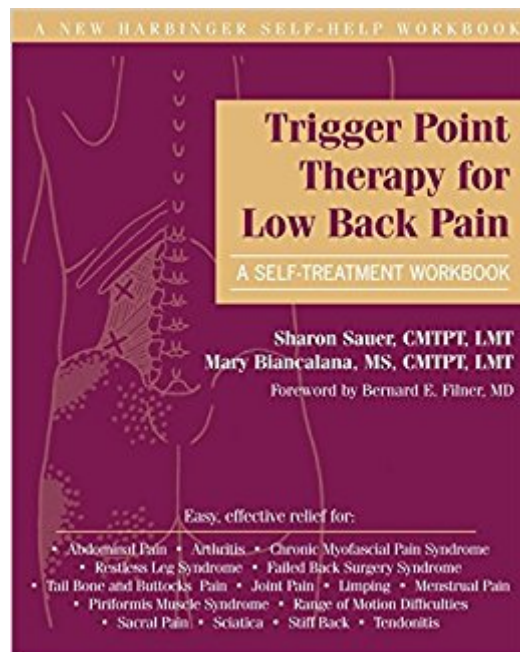


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# Trigger Point Therapy For Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook)



## Synopsis

Learn the secrets to lasting pain relief: finding and deactivating trigger points, the underlying cause of most low back pain. Trigger points are sensitive tight spots in taut bands of muscle tissue. Treating trigger points that refer pain to the low back and buttock areas, rather than addressing only the specific sites of your pain, is the best way to comprehensively treat occasional or chronic discomfort and prevent it from coming back. Packed with illustrated treatment techniques, Trigger Point Therapy for Low Back Pain offers effective strategies beginners can practice at home and detailed hands-on protocols health care practitioners can use while working with patients. Find out which of eleven muscles could be causing back pain, then learn specific trigger point treatments and correct underlying perpetuating factors to immediately relieve soreness and tension in these muscles. If you're ready to try a targeted approach to eliminating back pain, this manual will provide you with all the information you need to get started and end low back discomfort once and for all.

## Book Information

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## Customer Reviews

"This book does modern medicine a great service; [and is] presented effectively for the primary reader, the patient." —David G. Simons, MD, associate voluntary professor at Emory University and coauthor, with Janet Travell, of *Myofascial Pain and Dysfunction: The Trigger Point Manual*, V.1 and V.2 "… a gold mine of information in a user-friendly format. I recommend this book to all who suffer from occasional or chronic low back pain." —Robert D. Gerwin, MD,

associate professor of neurology at Johns Hopkins University

In *Trigger Point Therapy for Low Back Pain*, author Sharon Sauer, a protege of trigger point therapy founders Janet Travell and David Simons, presents the first in her series of comprehensive trigger point therapy manuals. These manuals are designed to provide relief from muscle pain using both trigger point massage and other never-before-published techniques developed by Travell and Simons.

I am a neuromuscular therapist that specializes in low back pain for 25 years and used to have serious back pain myself. Not for clients unless they have some kind of medical background as too much information for them that makes it overwhelming. This book makes Janet Travell's work more concise, quicker and easier to absorb. Organized well. Good tests for conditions. Outlines well the function of specific muscles. This book is good for therapists looking to get more specific with their own knowledge of low back pain. In that way, this book is great for you to help your client with their pain. The only issue I have with this book is that the exercises or stretches aren't for clients that have severe pain or chronic conditions. Most of the stretches or exercises are way too advanced for them in a pain state or even in a simple dysfunctional state. For example, the psoas stretches/exercises shown are often in a loaded position of standing or sitting when a person could do them much better in a supine, unloaded position. Plus there aren't any very gentle stretches for self-care. Same for quadrus lumborum and glutes- just way too intense for clients in a hypertonic, dysfunctional or pain state. I'm disappointed they don't include anything at all on breath when breath is HUGE for all low back pain. Breath is ESSENTIAL in working with movement exercises/stretching for low back! Breath is gentle and a must to use with self-care and changes the physiology immediately especially in pain states and especially the low back, psoas area. The exercises are good for the average client that has recovered about half way in their program. Look elsewhere for self-care stretches for clients in serious pain. Very good for therapists to increase their knowledge.

If you have low back, buttock, or hip pain.....and you've tried everything else (chiro, massage, accupuncture, etc.), then maybe it's time to give this book a lookover. You won't regret it. Just follow the instructions and recommendations and you will most likely find the relief you've been looking for.

A book to have if you suffer any aches and pains. Any trigger point or accupressure is something a health care professional never tells you about. A Physical Therapist uses a lot of these, but most

don't reveal what they are doing.

I've lost count of how many of these I've given away over the years. It's a life saver. I learned how to stop much of my own pain about ten years ago after reading the first edition book. And now I help others to treat their own pain. Every part of the body - from head to toe is covered. Each muscle group is well illustrated, and clear therapy is explained for each painful trigger point. It's a simplification of Simon and Travell's (Dr. Janet Travell was President Kennedy's personal physician) major work. If you or any one you know is in pain, this is a Godsend.

Had I not been a patient of Sharon Sauer several years ago, I might have overlooked this wonderful book. As a massage therapist, I have not only experienced (and survived) myofascial pain, but have worked to eliminate it in thousands of patients and clients. My practice has been deeply enriched and empowered by what I learned from Sharon Sauer. However, this book opens up new horizons both for the public and for bodywork practitioners. "Trigger Point Therapy for Low Back Pain" clearly demonstrates Sharon's mastery in this complex healing art and in the art of teaching it. It sets forth the trigger point protocols in such a clear fashion that I have been inspired to renew and deepen my studies in this field. Thanks, Sharon and Mary for giving us the gift of your amazing work. Myofascial trigger point therapy brings us holistic awareness and powerful tools to take care of our amazingly complex and resilient bodies. In an age when medicine is all but dehumanized (and touch-free), physical therapy is often routinized and restricted to defined muscle groups and consumers prefer symptomatic treatment with pills rather than addressing our real health and wellness issues, this book brings continuity and hope that the breakthroughs of Travell and Simons will not be lost on our high-tech, low-touch and short-sighted culture. Earon S. Davis, JD, MPH, NCTMBA Adjunct Professor of Health Sciences

just started using it, be aware that many of the techniques require that you use specific products, some of which are specialized and need to be purchased. I have only been doing the ones which require a ball, using both a tennis ball and a small basket ball, for the paraspinals. Also, you need someone to help you with many of the activities. Overall, decently illustrated diagrams of triggerpoints, and descriptions of their relevance to one another.

Such amazing information! This is life changing stuff for sure. I'm looking forward to taking more responsibility for keeping my body feeling better.

This book has literally changed my life. After struggling in my mid-20's with near-chronic sciatica caused by piriformis syndrome, I had tried seemingly every kind of treatment. By the grace of God, I stumbled upon this book and my sciatica is now effectively non-existent. What my GP, orthopedist, chiropractor and a litany of back products could not do, trigger point therapy has done. A huge thank you to the authors...

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