



The Concise Book of Trigger Points, Third Edition

Simeon Niel-Asher

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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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