

Download Manual Trigger Point Travell

The Trigger Point Manuals are the definitive texts on myofascial medicine. Myofascial medicine impacts every practitioner of medicine. At least half of the patients in any general practice have myofascial trigger points. This book should not be on your shelves--it should be in your hands! Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities [Hardcover] [Oct 09, 1992] Janet G. Travell and David G. Simons The Manual Trigger Point therapy that we teach, was developed in the early 1980s by the Swiss physician Dr. Beat Dejung. Inspired by the work of Ida Rolf (1896 - 1979) and Simons and Travell's concept of trigger point therapy, Dejung developed together with a group of physiotherapists, a systematic Manual Trigger Point Therapy. According to Doctors Janet Travell and David Simons in their widely acclaimed medical textbook, Myofascial Pain and Dysfunction: The Trigger Point Manual, myofascial trigger points are tiny contraction knots that develop in a muscle when it is injured or overworked.